

# 9/11

**20 YEARS LATER: EXCLUSIVE INTERVIEW WITH  
MAYOR GIULIANI AND COMMISSIONER KERIK**



**BLUE**  
THE INDEPENDENT VOICE OF LAW ENFORCEMENT

**MEDWELLNJ.com**  
Orthopedic & Family Medicine

**201.848.8000**



*For Dr. Maz and many others 9-11 was the catalyst for recognizing how powerful our law enforcement officers and firefighters are. Since then MedWell has been treating our brothers and sisters who selflessly risk their lives everyday to protect our families and communities. It is with great appreciation that we continue to offer VIP service and be an important part of their healthcare.*

**Dr. Maz**  
**Medwell Orthopedic and Family Medicine**



**NEVER FORGET THOSE  
WHO SACRIFICED EVERYTHING, FOR US.**

**20**

**YEARS**

REMEMBERING 9.11.01

**PROTECT EACH OTHER**



**BLUETRISTATE.COM**

# BLUE

**PUBLISHER**  
Daniel Del Valle

**EXECUTIVE EDITOR**  
John Welsh

**MANAGING 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  
Dale Gabriel  
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**  
John Botte

Sgt. Dave Kryger  
Kirk Lawless  
Julia Maki  
John G. Malcolm  
Eva Malone  
Capt. Lori Mambelli (Ret.)  
Deniz Majagah  
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  
Christopher Scilingo  
Cynthia Scott  
Thomas Shea  
Barry Sheinkopf  
Joel F. Shults, Ed.D  
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  
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 EDITOR'S POINT OF VIEW**  
George Beck, Ph.D.

**7 CONGRATULATIONS**  
Chief Joel E. Gordon (Ret.)  
By George Beck, Ph.D.

**8 SHERIFF CLARKE SPEAKS OUT**  
A Case of Amnesia  
By David A. Clarke Jr., Sheriff (Ret.)

**12 STANDING TOGETHER**  
The 9/11 Anniversary Should  
Be the Most Unifying Day  
in America  
By Joel F. Shults, Ed.D

**16 INSPIRATION**  
Captain Salerno Shows  
Strength & Courage in Cancer  
Battle  
By Catherine Angel

**22 COVER STORY**  
Exclusive Interview:  
20 Years To Now - Rudy Giuliani  
and Bernard Kerik on The Past,  
Present And Future  
Joel E. Gordon & George Beck, Ph.D.

**41 HEALING**  
Chief Medina & Pastor Paul  
Work to Prevent Blue Suicide  
By Robert Foreman

**49 THEN AND NOW**  
"Counterbalance to a  
Crazy World"  
By Lt. Joseph Pangaro, CPM, CSO

**52 UNWAVERING PATRIOTISM**  
Twenty Years After  
September 11th  
By Will Sheehan



**55 INSIDE VIEW**  
The Bag  
By Kirk Lawless

**59 POLITICAL VIEW**  
President Biden is Depending  
on Cops to Save Him from  
Progressives  
By Leonard Adam Sipes, Jr.

**62 STRAIGHTFORWARD**  
A World Turned Upside-Down  
By Lt. Patrick J. Ciser (ret.)

**64 BROTHERHOOD**  
Walk to Remember

**68 WELLNESS**  
Frank Voce Helps First  
Responders Embrace  
Sober Living  
By Frank Voce

**70 LOOKING BACK**  
Shanksville Pennsylvania:  
We Will Never Forget Flight 93  
By Dale Gabriel

**76 POLICE CHAPLAINS PERSPECTIVE**  
My, Oh My How Things Have  
Changed  
By Chris Amos

**78 REMEMBRANCE**  
Police Officer Ella French  
Article & Artwork by Jonny Castro

**80 BLUE PAWS**  
Law Enforcement Officers  
and Their Canines  
By Joseph Celentano

# BLUE CAMPING

LAW ENFORCEMENT & FRIENDS MENTAL HEALTH RETREAT

**SEPTEMBER 17, 18 AND 19**

180 STICKLESS POND RD, NEWTON, NJ 07860

**FRIDAY 17TH @ 5PM**

*JOIN US FOR CAMPFIRE, MUSIC, S'MORES AND NETWORKING*

**SATURDAY 18TH ALL DAY**

*ALL DAY OF ACTIVITIES AND GUEST SPEAKERS*

*BREAKFAST, LUNCH AND DINNER*

*BLUE SUICIDE DISCUSSION @ 6PM*

**SUNDAY 19TH - BREAKFAST**

*MORNING OF RELAXATION*

**\*\*CAMPING IS OPTIONAL\*\***

**FOR MORE INFORMATION CONTACT:**

**CATHERINE@THEBLUEMAGAZINE.COM**

**BLUE**

THE INDEPENDENT VOICE OF LAW ENFORCEMENT

**BLUE  
SUICIDE**

JOIN THE REAL DISCUSSION

**MOMENT  
of  
SILENCE**



SPECIAL GUEST  
**SHERIFF CLARKE**





Welcome to another significant issue of Blue Magazine. It's hard to believe that 20 years have passed since the attack on 9/11/2001. I am sure many of us can recall exactly where we were on that morning and how this national tragedy from New York City to the Pentagon to Somerset County, Pennsylvania, and beyond had changed our lives. We recently sat down with former New York City Police Commissioner Bernard Kerik, and former New York City Mayor Rudy Giuliani to get their perspective on 9/11 then and now. A lot of things were brought out from that day and the rescue effort that you're not going to want to miss. We also discussed a lot about where we are today — how police went from being heroes to zeros, how they went from being respected to disrespected and how our so-called woke culture contributed to that, and what this means for law enforcement and society.

We are proud to announce we have a new managing editor, Joel Gordon. He's a retired chief. He has great talent and expert journalism skills. Chief Gordon's ability to work with our writers is unmatched. He is the perfect person for the job. We're happy to promote him. We're glad he's a big part of Blue Magazine. As many of you know, Blue magazine started as a very small local magazine in New Jersey. Founder Daniel Del Valle was literally publishing and distributing the magazine from the trunk of his car. Over the years, we grew to become the leading national law enforcement publication. Our success didn't happen overnight. Chief Gordon helped us bring Blue Magazine onto the national stage. We appreciate him. Once again, congratulations Chief Gordon. You deserve it!

Blue Magazine and Moment of Silence are teaming up again for a Blue Suicide Event like none seen before. This year we will have a retreat here in New Jersey starting Friday night, Sept. 17, and ending Sunday, Sept. 18. There will be many speakers and workshops to teach us skills to help others and ourselves. The event will be held at Saint Paul's Abbey (Andover, NJ). All 500 private acres are reserved for us! We hope to see you there!

Enjoy this issue of Blue Magazine. Every article is worthy of your time. Should you need us, be sure to reach out. We are here for you.

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

## The BLUE Magazine Writer's Spotlight:

### Leonard Sipes and Joel Shults



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



A retired police chief Joel F. Shults, Ed.D 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 streetsmartforce.com.

THIS ISSUE IS SPONSORED BY



StreamBBN.com



www.VISITBLUE.com



www.Tristate-Health.com



Michele Hendershot  
973-464-7119

**BLUE**



Blue Magazine is honored to announce the promotion of Chief Joel E. Gordon (Ret.) to managing editor. Chief Gordon's passion, intellect and journalism and editing abilities are unmatched. In Chief Gordon's new position, he will continue to lead Blue Magazine to higher levels of success. There is no one more capable and deserving to lead the Blue team as our managing editor.

Chief Gordon began at Blue Magazine five years ago as a contributing writer. He is a past recipient of our most prestigious award for Senior Journalist of the Year. As associate editor, Chief Gordon helped bring Blue Magazine onto the national stage.

Chief 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. He is the author of the book "Still Seeking Justice: One Officer's Story" and founded the Facebook group Police Authors Seeking Justice.

Congratulations and thank you, Chief Gordon, for all you do for this publication and our noble profession. I am honored to have you lead our publication as managing editor. I wish you much success in your new position! You deserve it!

A handwritten signature in black ink, appearing to read "George M. Beck Jr.", written in a cursive style.

---

George M. Beck Jr., Ph.D.

Editor-in-Chief

# A CASE OF AMNESIA

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

As crime and violence rises in major cities all across the United States, all under the spell of progressive soft on crime policies, the casualties continue to mount in the form of human carnage stacking up like cordwood.

All of this is preventable. The problem is that this new age of police executives have either gone soft or on the way up the ladder to their current positions, they have gotten a case of amnesia about crime control strategies. It's embarrassing and untenable.

Front-line cops are frustrated about a lot of things. Chief among them is that they know what to do to suppress crime, but they have been turned from crime fighters into security guards. That is not a knock on security guards. It's that security differs immensely from police work.

There seems to be a renewal in a push by police chiefs about this call for more community policing. I have heard numerous times in the last several months where police executives have held a press briefing relative to the rise in violence by saying we need more of an em-

phasis on community policing. What, I asked? What the hell exactly does that mean? Are they suggesting that community policing will lead to a reduction in crime and violence at street level? Seriously?

I started in policing with the Milwaukee Police Department in 1978. That is when this new form of policing was introduced. It was called community policing. Millions of dollars in federal grants were passed out to local police agencies to embrace street cops "getting to know the people on their particular beat." It was a flop from the start. Front line cops abhorred the thought of this idea that was hatched in some think tank and recoiled that it was being shoved down their throats. It was a social engineering experiment that had no front-line officer's input. I know cop behavior.

So for the next 40 years of my working in policing, executives have been on this fantasy that community policing was the ticket to crime prevention, suppression and reduction. So here we are today still on this fantasy about community policing.



## "We don't need more community policing, we need a crime reduction strategy with metrics so they and we can see how they are doing."

Here are a few thoughts on this nebulous, elusive esoteric concept of community policing. When have the street officers never worked with the community to keep neighborhoods, businesses and schools safe? That is the only way police could have achieved the success that they have. Imagine that! Additionally, police in the past had more time for a tactic called preventive patrol where a good part of their tour was spent being a visible presence in the neighborhood. That no longer exists. It made street crime tough for criminals to pull off. It is why much of the violent crime occurred when streets got dark. It offered crooks the advantage of concealment.

Now much of the street violence occurs in daylight hours. Why? Because police ranks are so thin and 911 calls keep them going from assignment to assignment with no time to spend on preventive patrols. There was actually a strategy implemented after that said a particular assignment should only take so long to handle. If a cop was on assignment and exceeded an artificial time for that type of assignment, a sergeant would show up to see what was taking so long. I am not making this stuff up.

In a Newsmax TV interview recently, I was asked to opine on the rise in street crime and violence across America and what could be done about it. My response was simple, just like I like to keep things.

First of all, I said that I am not hearing from chiefs, a comprehensive CRIME REDUCTION STRATEGY. They keep taking about more community policing. This is irresponsible. People are dying while they engage in progressive initiatives that tie the hands of officers on the front lines. We don't need more community policing, we need a crime reduction strategy with metrics so they and we can see how they are doing. How do you measure community policing? We need a return to what worked. Quality of life enforcement as defined by broken windows strategies

would be a good start. This led to historic reductions in violent crime all across America. Think of the lives and misery saved with fewer crime victims.

Recently in Chicago, Superintendent David Brown introduced yet again a new crime plan. It is the same leftovers from last year that resulted in nothing. It targets the gun and goes after gun manufacturers. That's right, gun manufacturers are committing the gun violence. That is akin to going after automobile manufacturers for drunken driving deaths. That's stupid. So is Superintendent Brown's idea. He should announce that he is going to allow his officers to engage in the strategy of stop, question and frisk, increased traffic stops in high crime areas and quality of life enforcement. This along with warrant sweeps and working with probation and parole to do searches of residences and cars of people out on probation and parole. Anyone arrested should be intensely debriefed to collect info to develop intelligence that can be passed onto front-line officers. Brown needs assurances from the Soros backed Cook County States Attorney Kimberly Foxx that people arrested for a violent crime will be held on high bail and charged. The goal is to keep them off the street for the longest time allowable by law.

The objective has to be to target the criminal and their violent behavior, not the tool they use. This is not new. We did before.

In 1994 then-Sen. Joe Biden authored the Clinton crime reduction bill. It went after violent offenders and utilized the federal code to punish career violent offenders. It didn't go after gun manufacturers. As I said previously, it led to historic reductions in crime and violence.

Let's stop listening to nonsense about reimagining and reinventing police and let's get backed to what worked. Identify, arrest and lock up career repeat offenders. 🇵🇸

*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 *Under Fire: Beyond Hashtags of Race Crime and Politics for a Better America*. To learn more visit [www.americassheriff.com](http://www.americassheriff.com)*





# OUR PARTNER IN HOME BUYING



## ***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.

**MORTGAGES FOR**



[www.mortgagesforblue.com](http://www.mortgagesforblue.com)

**MICHELE HENDERSHOT**

**973.464.7119**

**MHENDERSHOT@HOMEBRIDGE.COM**

**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\*\*”



EXCEPTIONAL REALTORS®

**Karen Hug**

karenhug@realtyexecutives.com

**(973) 908-2933**

**Dana Billups**

danabillups@realtyexecutives.com

**(973) 862-2852**





## The 9/11 Anniversary Should Be the Most Unifying Day in America

By Joel F. Shults, Ed.D

As the news stunned the reporters as they relayed the unfathomable tragedies of the weaponized passenger jetliners, I stepped outside the student center between classes and looked to the sky. Was this the beginning of targets all across America? Would I be donning the uniform I still had in my closet from my Army days? Would my family, even here in my small Missouri town a thousand miles from New York City and Washington, D.C., be safe here in the heartland?

With a recently issued chaplain credential and a hunger to serve, I sought out a place where I could volunteer. I just had to go. I also knew that

just showing up to a disaster is a double-edged sword for crisis managers. Self-deployed volunteers can become an additional burden to manage, so I searched internet message boards to see where I might be useful.

I saw that the United Way in New York City had swiftly established a donation website and had been absolutely overwhelmed with donations. I offered myself and my 18-year-old civic-minded daughter and we were on our way. It was already early October when we arrived in New York. The flights and hotel rooms were cheap, as travelers were still hesitant to risk not only hijacking, but the anthrax and white powder scare

continued since its first appearance a week after the towers fell.

In just those few weeks since the attack, I saw America at work. Rescuers were still pulling bodies out of the depths, honoring each one solemnly. Ashes still accumulated on all the buildings, some of which had been opened to first responder respite. Tables displaying souvenirs being hawked by the entrepreneurial capitalists the terrorists despised were full of Americana. I bought a dozen American flag and ribbon pins – doubtfully made in the USA, but precious because they were covered in the microscopic remains of the buildings and bodies destroyed.

*(Continued on page 15)*



**855.862.7767**

**WWW.NASPACMD.COM**

202 NJ-37 W, TOMS RIVER, NJ 08755

**NORTH AMERICAN SPINE & PAIN CONSULTANTS**

**BETTER CARE**  
**BETTER HEALTH**  
**BETTER YOU**

**CONDITIONS WE TREAT:**

- UPPER/LOWER BACK
- NECK PAIN
- SPINAL STENOSIS
- SPINAL ARTHRITIS
- HERNIATED DISK
- SHOULDER PAIN
- EXTREMITY PAIN
- HIP PAIN
- KNEE PAIN
- NERVE INJURYS
- SPRAIN / STRAINS
- TENDONITIS



North American  
**HEROES MEDICAL**

**1-877-NAHEROES**  
**WWW.NAHEROES.COM**

A motorcade with Mayor Giuliani swooped onto the grounds of City Hall to the cheers and admiration of everyone watching. He bounded up the steps, turned to give an authoritative wave, and disappeared flanked by his security detail.

It was all there that day. Rescue. Volunteers. The American vendor circus. Posters pleading for missing loved ones. Impromptu memorial decorations. The ordinariness of life moving on. Churches serving and seeing strangers come to pray or mourn. American flags. Anger at the enemy. Military recruits lining the offices. Hero stories. Respect for leaders who stood up, got their hands dirty and

resolved to rebound. I rode with officers from the Bronx who welcomed

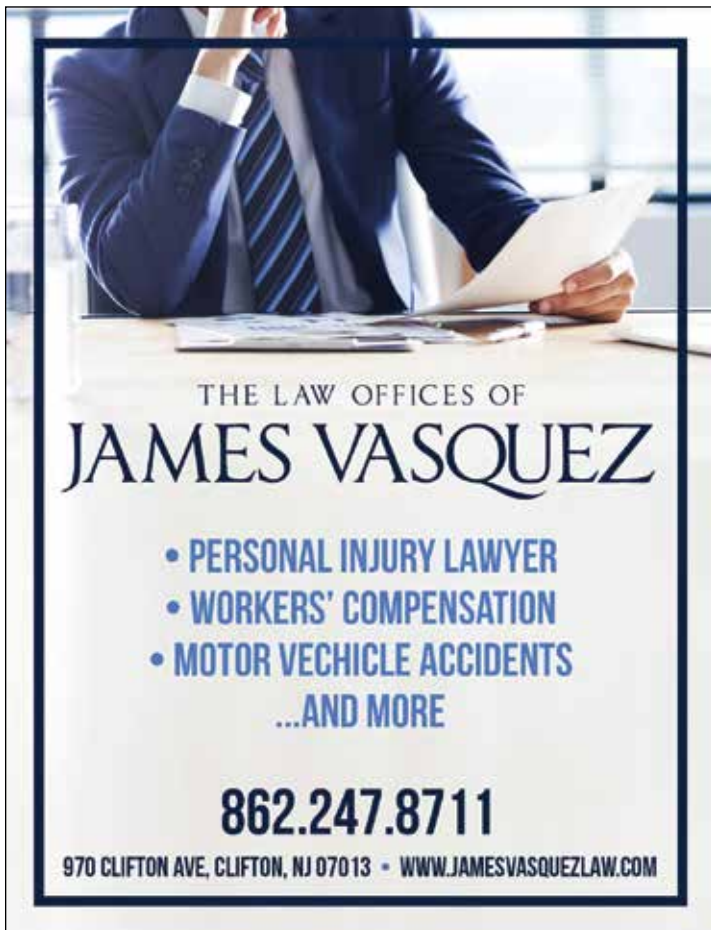
me like a brother and continued to answer the calls for service that had not abated in the shock of the aftermath.

When my daughter and I arrived at the United Way office, we were assigned follow-up duty to donors. The website had some glitches so we had to call and verify donations that ranged from \$20 to \$20,000. We talked to widows who wanted to give, and to Hollywood studios that had collected from their shows' cast members. There was already a store-room of boxes of unopened letters bearing checks and cash.

I returned to continue serving my local law enforcement as a reserve officer and chaplain. With renewed concerns we patrolled the lock and dam system on the river, the power plants, government buildings, all with the fears of attacks on our vulnerability. It is a fear and awareness that remains to this day.

No other event in American history created a sentiment that so many of its citizens shared at least for a few short months. We were united. Must this be how we become united once again? 🌐

*A retired police chief Joel F. Shults, Ed.D 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 streetmartforce.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](http://WWW.JAMESVASQUEZLAW.COM)



**BARASCH & MCGARRY**  
LAWYERS FOR THE 9/11 COMMUNITY

## **FIRST RESPONDERS**

**WERE YOU THERE ON 9/11  
OR DURING THE 8 MONTHS THAT FOLLOWED?**

**You may be eligible for free health care  
and significant compensation.**

### **WORLD TRADE CENTER HEALTH PROGRAM**

A federal program that offers free nationwide health care to people who responded to, lived, worked or attended school in the 9/11 exposure zone **any time between 9/11/01 and May 30, 2002.**

CONTACT OUR FIRST RESPONDER  
LIAISON: VAL VELAZQUEZ-STETZ  
(RET. JERSEY CITY POLICE OFFICER)  
732-606-2170 OR VAL2647@MSN.COM

### **VICTIM COMPENSATION FUND (VCF)**

A \$10+ Billion federal program permanently extended and fully funded by the U.S. government, which offers tax free compensation to anyone who is certified with any of the 68 Cancers or respiratory illnesses linked to the World Trade Center toxins.

**FREE CONSULTATIONS:**

**212-385-8000**

**911VICTIMS.COM**

**MICHAEL@WTCLAWYERS.COM**



## CAPTAIN SALERNO SHOWS STRENGTH & COURAGE IN CANCER BATTLE

By Catherine Angel

LODI, NJ - Police Capt. Robert Salerno has served the Lodi community for over 30 years. He has consistently demonstrated his commitment to the community not only through his work as a police officer, but also by serving on the Hasbrouck Heights Board of Education for three years, and with the Hasbrouck Heights Fire Department for four years. Capt. Salerno also volunteered as a baseball coach and lent a helping hand to the Junior Aviators football program. He is happily married with three children.

Recently, Salerno's simple life was turned upside down with the unfortunate diagnosis of Stage 4 liv-

er cancer. However, his story is not one of sympathy — it is a testament to his strength and courage. While faced with tremendous adversity, Salerno continues to work, and maintains his normal routine, keeping a positive outlook while many other people would have crumbled.

*Capt. Salerno is a true inspiration — a stable ship in a storm, and a role model for everyone facing challenges. Blue Magazine wishes Capt. Salerno much success ahead as he continues the fight.*

**Catherine Angel: Tell us about yourself and your career.**

**Capt. Salerno:** I've been a police officer here for 32 years with the police department. I was hired on January 2nd, 1990. I was promoted to the rank of sergeant, January 4th of 1999. I was promoted to lieutenant in 2014 and last year I was promoted to the rank of captain. I've been assigned to patrol for 19 years before currently being assigned to the records division where I'm in charge of records. I process firearms applications. I do a multitude of other things from grants to telephones. I assist with the IT stuff. So, I have a broad spectrum of responsibilities that I do here.



---

## Capt. Salerno is a true inspiration — a stable ship in a storm, and a role model for everyone facing challenges.

### **What was the proudest moment in your career?**

I think probably the proudest moment of my career was when I attained the rank of captain last year.

### **Have you had any negative experiences?**

There's nothing really negative. There are things that come with the job that cause you to go on—negative things that affect you for a while. All cops deal with many of the negative aspects of our careers. But, you know, you deal with them and you move on and work through them.

### **Can you tell us about your health condition?**

Sure. Recently I went to the doctor because I was having some pain in my side. He sent me to the hospital for a series of tests. And he told me that I had Stage 4 liver cancer. I'm currently being treated up at Sloan Kettering for liver cancer. I have a few spots on my lungs that metastasized from the liver. So that kind of created a little bit more of a situation than I was really expecting. And when I received the news, I was actually devastated and so is my wife. I couldn't believe it and it's still hard to process it because I'm still trying to think, you know, 'how?' and 'why?' and 'where?'

### **Can you take us back to the day of your diagnosis? What was that experience like?**

Well, I thought I was having some pain in my side here by my ribs. And, at first, I had thought that I had pulled a muscle. But my doctor said there may be something more to it. So he

poked around my abdomen and said something didn't feel right. He said I needed further tests and ordered a series of them at the hospital. So I went to the hospital on a Tuesday afternoon around four o'clock, after I left work. I had a CAT scan of my liver, my abdomen, and my chest to see what was going on. After I was in the emergency room for a number of hours, they came back and they told me they were going to admit me overnight, and the next day my doctor wanted to come see me around six o'clock in the morning. The next morning my doctor came knocking on my door, kind of woke me up, and said the news wasn't good. I've developed a relationship with my doctor that is very good so he was straight with me and said I have liver cancer. After that, we did a biopsy. We did a couple of other tests including an MRI of my brain to make sure the cancer didn't go to my brain. My doctor ordered more tests and told me we're





going to get through this. He set me up to go to Sloan Kettering for treatments. I remember he asked me if I wanted to call my wife. I said, I really didn't think I could do it so he called my wife and informed her of my condition. And after that, you know, we dealt with it. And that's the morning I spoke with my chief, who also gave me hope that we will get through this. He said 'we're going to work through it.' And that's exactly what we're doing now. He told me I have the support of everybody here. Also, everyone in my family has been extremely supportive. The number of friends I have supporting me is unbelievable. The outlets I

have right now make it so much better for me to deal with what we're dealing with.

**You mentioned something about support from the officers here. Can you elaborate on that support?**

Sure, they call me constantly. There is a sergeant who works in my office who continually hounds me to make sure I drink water, making sure I eat something. He's a wonderful friend. Everybody that I work with here, including the guys that are behind me here, they constantly reach out. They check to see how I am doing and how they can help.

How can they help my family. And

for me, that's huge. Even with the support from the people in the borough hall that know that I have this. They ask what they can do to help. 'What do you need?' 'Can we get your food?' 'Can we get you this?' 'Can we take you for your treatment?' Just those things, in general, are like amazing things that when the chips are down, you see who actually comes out and who is going to help you. And for everybody here, we have 46 cops, and they will do whatever they have to do to help me.

**Is there a message you want to tell your kids today?**

Well, I actually have three chil-

dren. One daughter, who lives in South Carolina and is currently a dialysis nurse, and I'm constantly on her to 'make sure you take care of yourself', 'make sure you're doing what you have to.' I have another son who lives in South Carolina. He's a state trooper. So I constantly tell him some of the things that I just told you. 'Be on the street and be respectful to the people.' 'Do what you have to do again.' He was a football player. He played college football, great high school football, so he knows how to maintain his health. So he's always doing it. I have another son who lives in Pennsylvania who is an IT guy. He's a part-time college football coach. And I tell him the

same thing. You know, 'make sure you take care of yourself— go for walks, lose weight, eat a good diet', so they never end up in the situation that I am in. And again, they're all far away, but I talk to them every day, sometimes four times a day, so we constantly have communication.

**What do you want to be remembered for?**

I have been here for 30 years. My biggest legacy is to know that when I do leave here, I leave the place the way I wanted it to be. And the people that I worked with will always remember me. And, you know, I think, 'oh, yeah, he did that' or 'he put this into place.' So that's important to me. ●



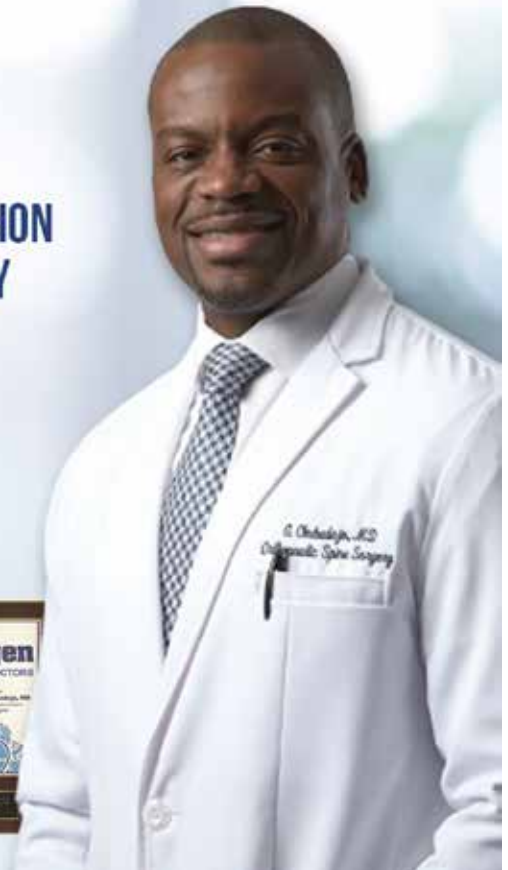
THE INSTITUTE FOR  
**COMPREHENSIVE  
SPINE CARE**

**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



THE PREFERRED

**Fette**



**TROY MOL**  
973-277-4241

DEALER FOR BLUE



THE ALL NEW  
**BRONCO**



1137 US 46 EAST CLIFTON, NJ  
FETTEAUTO.COM



**EXCLUSIVE  
INTERVIEW:**

*20 Years to Now*

**RUDY  
GIULIANI &  
BERNARD  
KERIK**

**ON THE PAST,  
PRESENT  
& FUTURE.**

*By Joel E. Gordon & George Beck, Ph.D.*



It has been 20 years since 9/11. Blue magazine remembers the sacrifices and the heroes who worked to save us. On Sept. 11, 2001 at 0845 hours American Airlines Flight #11, a Boeing 767, crashed into the north tower of the World Trade Center in New York City. Then, 18 minutes after the first plane hit, a second Boeing 767, United Airlines Flight 175, struck the south tower. It was clear that America was under attack.

Emerging from tragedy, two leaders arose to take their place in history largely defining their time as New York City's Mayor and Police Commissioner, Rudy Giuliani and Bernard Kerik. As both led their city and our nation from rescue to recovery, their example of cooperative engagement with all government professionals, agencies and volunteers in bringing together our country for a common cause should forever serve as a model for emergency crisis management.

We know where we have been. We have lived, learned, sacrificed and mourned. The question that remains is will we be able to maintain safety while recapturing patriotism as we move forward to what lies ahead?

The Blue magazine thanks both Rudy Giuliani and Bernard Kerik for this exclusive interview. What follows are their reflections and thoughts...



Photos source: Michael Megna





**BLUE**

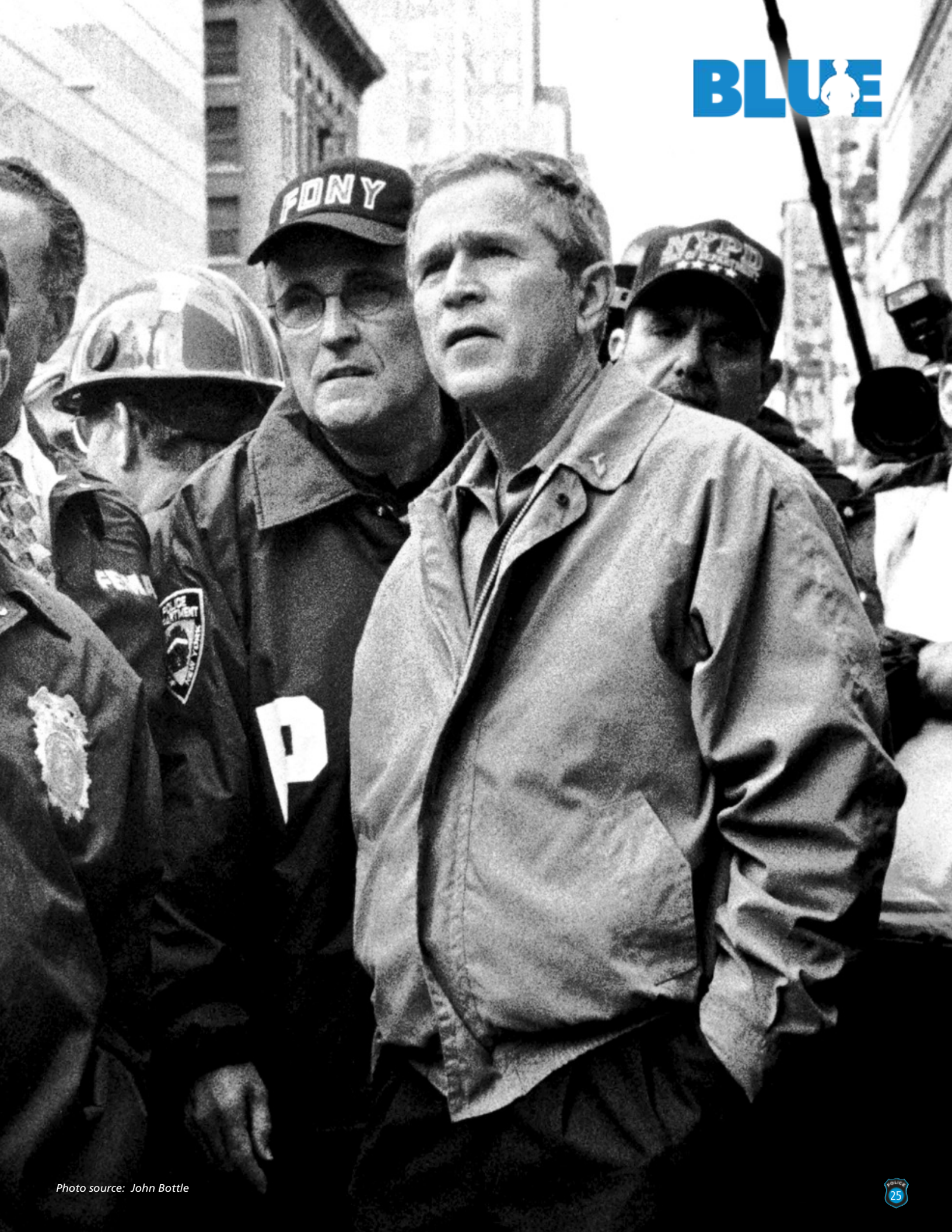


Photo source: John Bottle

**The BLUE Magazine: Now 20 years later, what is the first memory you have of the morning of 9/11 when you learned the towers were attacked?**

**Giuliani:** The first memory is at breakfast. Patty Varrone, who was the detective on my detail, walked in and whispered in Denny Young's ear, he was my counsel. I could hear a little of what they were saying. And then Denny repeated it right away and said that a twin-engine plane, they thought a twin-engine plane had hit the north tower and it was very bad. And they knew I would want to get down there right away. We immediately walked out, looked up in the sky, saw a big, beautiful blue sky and I said, probably this isn't an accident—it was either a terrorist attack or it's some form of insane revenge against a business or suicide. That was my first three minutes.

**That was quite a message. It was not possible to even imagine that such a tragic event of terrorism could occur on your watch. How were you able to perform your leadership duties in such an efficient and exemplary manner?**

**Giuliani:** I think because it was so big and it was so horrible, you just felt like it was bigger than you and you just had to do the best you could. I remember telling Bernie Kerik at some point when we saw a man jump out the window when we were walking to the fire department command post, that this was much worse than anything we faced before. We didn't have a plan for it. We had 26, 27 plans but we didn't have one for airplanes hitting our buildings like missiles and that we were just going to have to use our best intuition, make judgments, and then just pray to God they come out right.

**KERIK:** As the police commissioner, I had 55,000 men and women under my command but assisted the mayor in overseeing every city agency for the response rescue recovery and investigation. None of us had time to think about the magnitude or scope of that charge. We did the best we could under the circumstances and I am proud of our accomplishments.

**What was learned and can you give us any recommendations that you may have for current leaders based on what we've learned that day?**

**Giuliani:** The first thing you got to do is you've got to say in your head, this is very different. I always treated emergencies like that. I'm thinking about today. It seems like these emergencies, they want to turn into political theater. First thing you got to do is you got to say to yourself, this is real life. This isn't political theater, and you've got to make the right judgment. And you're probably not always going to make the right judgment. But if you aim in the direction of making the right judgment, not the right political one, the right one to save lives and bring the city back, you're probably going to more frequently make the right call than if you get all confused with politics.

**In the aftermath of 9/11, the recovery phase, how was that? When you remember, obviously, you saw the worst of it initially and then you're actually seeing what I would consider the worst of it for someone who was actually there looking at it.**

**Giuliani:** It was very hard because some people wanted to recover. Other people didn't want to recover. You were hurting them if you were pushing them too hard and then others

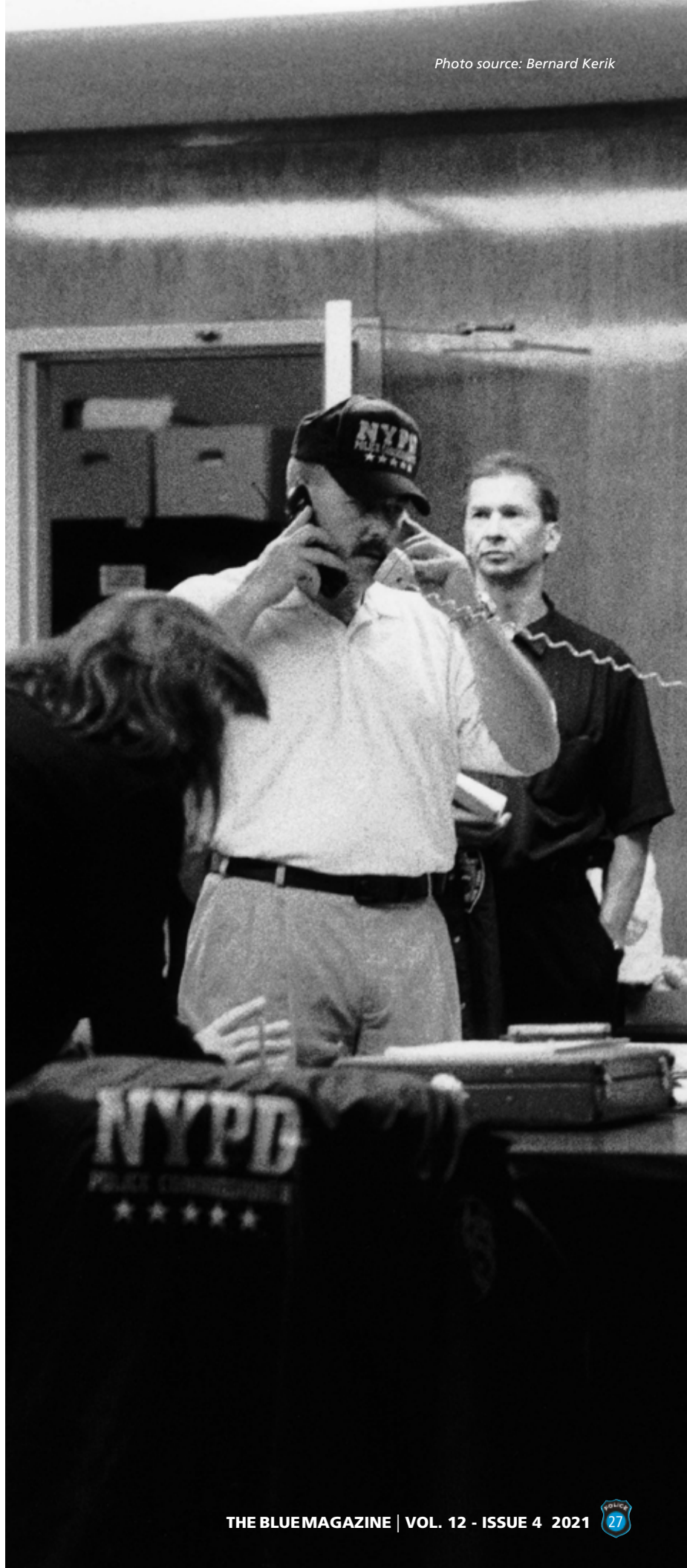
"We didn't have a plan for it. We had 26, 27 plans but we didn't have one for airplanes hitting our buildings like missiles and that we were just going to have to use our best intuition, make judgments, and then just pray to God they come out right."

---

wanted to be pushed. So you had to try to do it very delicately and you had to try to know what audience you were talking to. People are not totally predictable. Well, I'd say they grieve in different ways and they react to things in different ways. I think it's a shame, though, that what we weren't able to preserve is when things happen that are bigger than politics, like that attack, like the pandemic, now we politicize them, whereas then, we were at least one administration away from doing that. It was a better reaction for the country. I mean, the country came out of 9/11 better organized than it was when it went in.

**Is today's climate of lawlessness actually conducive to making future terror attacks more likely?**

**Giuliani:** Yeah, no question about it. I mean, I hate to say that, but terrorists feed on weakness. I think those terrorist attacks wouldn't have occurred if Clinton had had a very strong response to Bin Laden. Instead, every time Bin Laden you know, it's terrible to analogize this because this is so meaningless or simple or cute, but it's like a child, you know, the child first grabs the cookie and you don't do anything about it. Then the child grabs two cookies. Then the child knocks over the cookie jar. Then the child breaks that China and child just wants to be told where to stop. And so, you know, he bombed us a couple of times overseas and basically we bombed empty fields. So he had to look at us as a paper tiger. I think Clinton's failure to respond with massive force to protect our



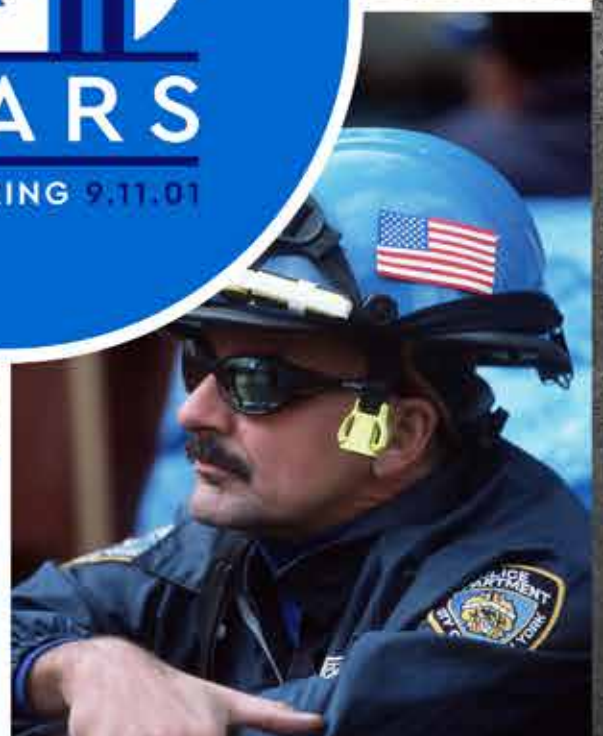






Photo source: Michael Megna

Marines or to answer for what happened to our Marines basically didn't give him the idea. He always had the idea and it gave him confidence that he could pull it off. And it was a terrible mistake to do that. It's why Democrats just do it. That's why they create so many wars. They don't know how to be strong. What Biden is doing with China and with Iran. Apparently, he's even relieving some of the sanctions. And I'm telling everybody, just so he can give money to a terrorist state, I don't even get it. But that will convince Iran that we're a paper tiger and China, having met with his deputies and kind of slapped them around, they sort of look at Biden as they probably can't figure out how we elected them. And I know I'm sure Putin must be sitting there thinking, well, they find this guy, must have gone to a nursing home.

**KERIK:** Up until about five years ago, for the prior 15 years I had said that one of the greatest threats to this country was the enemy that hit us on Sept. 11, 2001, radical Islam. I've now changed my mind and I believe one of the greatest threats facing our nation today it's the infusion of Marxism and socialism. We actually have radical left-wing Marxists elected to the US House of Representatives. I never thought I would see the day.

**Government accountability and taking responsibility for caring for our sick and injured first responders resulting from the 9/11 attack has been lacking. Why do you think the government has been so callous in its responsibility in caring for our wounded heroes and their families?**

**KERIK:** One of the things that came out of 9/11 was the reality that city and state agencies and the federal government must take care of those men and women who put themselves in harm's way. We lost 23 members of my department, 37 members of the port authority Police Department and 343 firefighters. It was essential that the city take care of their families and those that got sick as a result of being at Ground Zero. We're still fighting that fight and should not be. If you're going to ask your public servants and first responders to put themselves in harm's way then you must have the insight to take care of them should anything go wrong.

**Giuliani:** I think it's a question of things move on, and it's a shame to say this, but even though

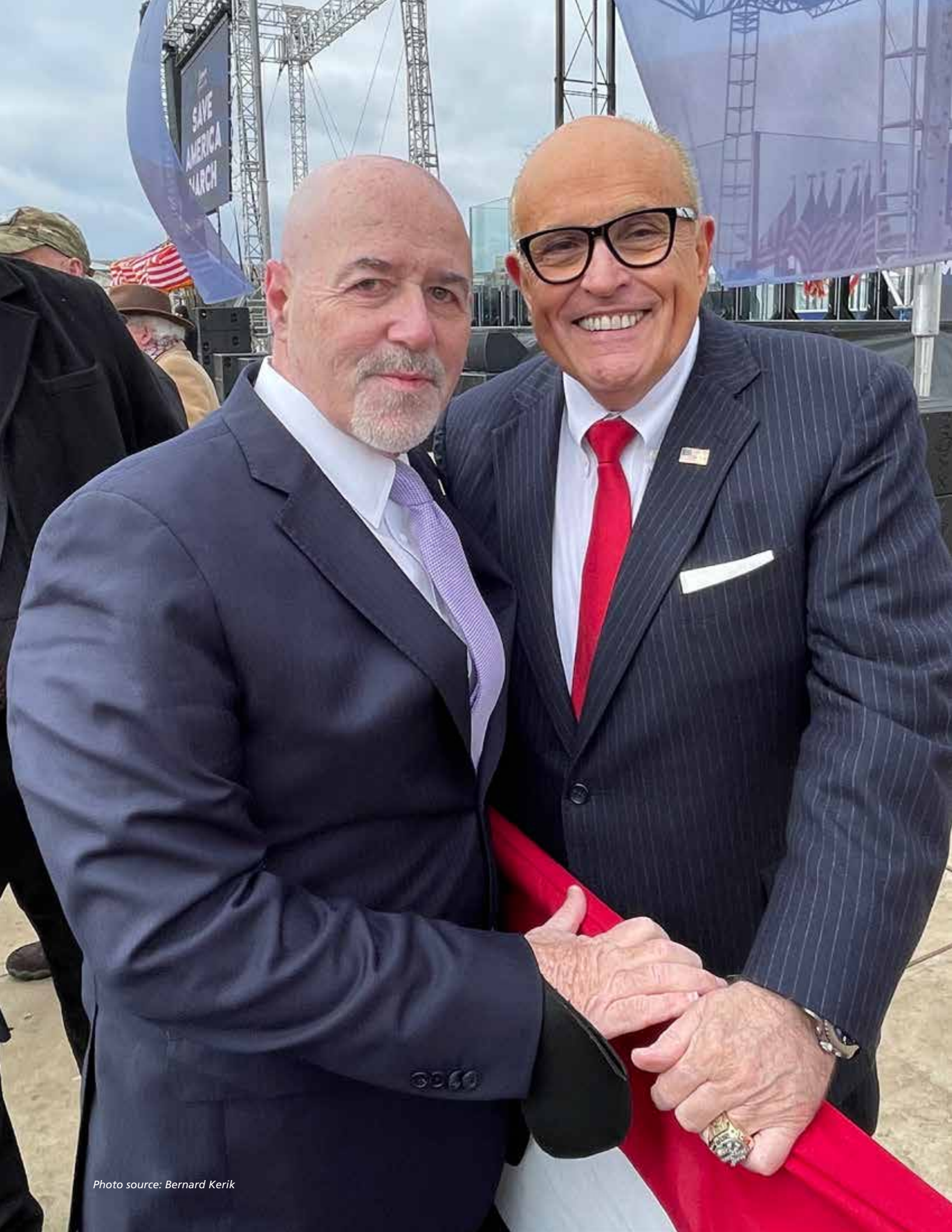


Photo source: Bernard Kerik









Photo source: Bernard Kerik

there's some downside to not doing it politically, it's not as front of mind as it was then. Politically, there are more important things now for them to pay attention to in their own interests. I'm not saying this in an approving way. I'm saying this because I think this is part of the corruption of American politics. They're all in it for themselves. You don't find too many people in American politics who sit back and first say what's good for the country and then do what's good for the country. The minute they figure out it's going to hurt them, they stop. And if they don't get benefits from it, they stop. So, I mean, the simple answer is that the heat isn't enough. When it heats up, they do little things. But it's a shame to be that way. And it wasn't that way at the beginning. We got everything we asked for from President Bush. We got more than we asked.

**Can you recall a memory that you have from being at ground zero, something that you've seen that maybe has stayed with you all**

**these years that still haunts you?**

**KERIK:** The two things that stand out to me about that day, was first arriving at the base of tower one and two and watching dozens of people jump to their death. It was unlike anything I've ever seen before and as a police officer you're usually always in a position to take control but this, it was different. There was no way to stop them from jumping. There was no way to help them. The other thing I remember about that day is 5 o'clock in the afternoon walking into the auditorium and having to meet with the families of the 23 men and women who were missing from the NYPD. Those 23 people died that day but I will always be thankful to their families for their strength and support. They were an inspiration to me and the mayor.

**Giuliani:** Oh, my goodness. There are a couple. That one that I fixate on the most is seeing the first man jump from the 100th floor because my deputy mayor had told me that people were jumping and I didn't see it right away and I didn't believe it. So when I saw it, I

---

was approaching the fire department command post and I saw a man standing up by the... He was kind of looking out and then he just jumped and it was an incredible experience. I can't even, I can't describe to you. It convinced me that this was a much, much different thing that we have faced before.

**How have the continuing deaths and illnesses attributable to the aftermath of the World Trade Center towers collapsing affected you personally?**

**Giuliani:** I think it's terrible because we got the person who spent most of his time on this was obsessive about it, Deputy Mayor Joe Lhota. We got reports daily about the quality of the smoke and the debris, particularly from the EPA, but also from other agencies. And he published them daily. And any time there was a slight aberration, he'd be right on top of it. So it's hard to figure out who to blame for it with a negligence in not doing the right tests. Or is it possible the tests didn't exist then? We had never had this before. The building had melted and that was releasing all kinds of things. It's not like when anthrax happened, we knew exactly what to do and contained it beautifully. Right. Take Cipro. We had four million Cipro pills, maybe five million. But this, you didn't know it was harming people or in what way it was harming them.

**In 20 years how did law**

**enforcement and other first responders go from being viewed as heroes to most Americans to zeros in the eyes of the progressive left and their allies? What has happened to patriotism?**

**KERIK:** Over the last 10 years, the radical left political groups in this country have attacked the police and victimized the thugs and villainized the cops. In my opinion, they're all cowards. On 9/11 and in the aftermath, they ran like cockroaches when you turn on the lights. They were scared to death, but it was the men and women first responders who did what had to be done just like they do on a daily basis today. The people who criticize them and try to villainize them are hypocrites because they would never do the job of a first responder. They don't have the courage. It's a shame that other politicians don't call them out for their hypocrisy and lunacy.

**Giuliani:** It's been taken over by communists. I believe that these people either are marching us toward communism knowingly or they're being brainwashed and propagandized. And I think this has been a plan that's been going on for a long, long time. I never would have believed it five years ago. But everything I see I can read about in 1858 with Karl Marx, everything they're doing, tearing down our statues, tearing down our history, making us hate this country, dishonoring the flag. First thing that Mao did in China was to cancel out Chinese

history. You know how the Chinese culture is so important. It was to the Chinese people. The Chinese communists don't allow a Chinese culture because that was all bad. Only socialism is good and they're trying to get rid of as many religious people as possible, the Falun Gong, the Uighurs. So I think that disrespect for law enforcement comes right out of Marxism, translated by the three Black Lives Matter Marxists, and then the former Black Panthers police killers who are advising. It's the biggest and most dangerous con job in the history of the country. The organization is a hard-core Marxist organization that spends most of its time not worrying about black lives, but trying to destroy the American family. They don't believe in families. They feel that families subjugate women and fathers are useless. They want to do away with our religion because God has no place in socialism or communism, and God is used to suppress people and they have no use for the police because the police, I don't know what they think, put innocent people in jail? Well, they don't want the police, but they want to take over... So I don't understand why anyone buys this communism or socialism thing. It's a complete con job for Putin to be the richest man in Russia or Xi, the richest man in China or. You name it, I mean, they. They live much more opulent lives than capitalists. But people fall for it because they're very good at brainwashing and now they possess the media.

"I have a feeling that there's going to be a revulsion by the American people, unlike ever before."





Photo source: Bernard Kerik

**Where are we headed as a nation over the next 20 years?**

**Giuliani:** We're going to find out in 2022. I have the feeling a little bit of evidence in terms of polling that supports it, but not completely. I have a feeling that there's going to be a revulsion by the American people, unlike ever before. In America, I didn't think you could censor, you know, enormously relevant information that the president could run for president United States such as taking bribes for 30 years. And it's provable by the words of his son in Texas quoting, For the last 30 years. I pay all the expenses of the family and I got to give 50 percent of my income to Pop. So since 50 percent of his income is money he's getting from are, in many cases, crooks, what the hell is his father getting the money for, doing favors for? None of the people that they get money from are stupid, by the way. It's not like this is some kind of a naive charity scam. They're getting money from some of the most dangerous people in the world like a member of Ukrainian organized crime who knows how many people he's killed. The wife of the mayor of Moscow, she deposed him. She got rid of him, the mayor. And became very close to Putin, who the hell knows how many people she's had killed? I mean, and he's got his drug addict son dealing with them? No wonder the guy became a drug addict. I have to believe if you read, any of that hard drive, which I have all of it, you've got to say to yourself who pulled this off; who pulled this con job loss on us? How do we put a guy in the White House who's amassed 30 to 40 million in bribes

using his family as bagmen, and is clearly suffering from dementia. Clearly, I mean, when I go visit my ex-mother-in-law in the nursing home, half the people there were functioning better than him. You've got to be a fool not to see it. You've got to just pretend. He can't remember the Pledge of Allegiance. Oh, yeah, Joe's fine. He just can't complete that sentence. He forgot what he was saying. Oh, yeah, Joe's fine. He's president of the United States and the Democrats don't care about this country enough to put up a sane man for president? I think what has happened is the Democrat Party at the very top became completely corrupted by the Clintons. And they're all in it for money; you look at the money Pelosi's made. They all made millions. And their long and pretty useless public servants. But they became billionaires. So we're in a difficult spot. And basically, we've got to kick, we've got to get rid of Pelosi. I think she's a menace. Wouldn't be bad to turn back to send it to and then have a real president in 2024, either Trump or somebody like him.

**Commissioner, where is law enforcement headed over the next 20 years?**

**KERIK:** As for law enforcement over the next 20 years, it's really going to be dependent on the political movement in this country. If the socialists and Marxists are able to take control of the country, the United States of America as we have known it and it was created will be no more. We need leadership in the House and Senate and White House

that's going to abide by the constitution and enforce the laws of our land without political agendas behind them.

**Can you please speak directly to the families who lost loved ones on 9/11 and in the aftermath? What is your message to them?**

**KERIK:** People have commended the mayor and I and called us heroes. I look at it this way. I am no more of a hero than those who ran into those buildings on that day, some of whom did not return. They are the real heroes. It was my honor and privilege to lead them in what I would consider the greatest rescue mission in the history of our nation. They took 20 to 25,000 people out of those buildings and the surrounding area and evacuated more than 1 million people out of southern Manhattan into the four boroughs and New Jersey. God bless all of you. And may the memory of your loved ones--our true heroes--never be forgotten.

**Giuliani:** My message to them is that their loved ones saved America. The goal of the Islamic terrorists was to crush the American spirit, not just to kill 10 million, three million. Their aim was probably much larger, 12 to 15 million. But due to the evacuation efforts, that was thwarted somewhat. But still, it was terrible. So their whole purpose is to break our spirit, to demoralize us. We have it within our power to make sure that doesn't happen. We have it in our power to make sure that, you know, we were chosen to survive. 🌐

"The people who criticize them and try to villainize them are hypocrites because they would never do the job of a first responder. They don't have the courage. It's a shame that other politicians don't call them out for their hypocrisy and lunacy."

## *A special message from Bernard Kerik*



Photo source: Bernard Kerik

In the years since the attacks on America on September 11, 2001, Mayor Giuliani and I have been called heroes for our service and for the heroics by the men and women of the NYPD, FDNY, and PAPD.

I was honored to lead the 55,000 men and women of the NYPD, but I could never have done so without my two pillars of strength, my chief of the department, Joseph Esposito, and my first deputy commissioner, Joseph Dunne. They were at my side in the best and worst of times.

I have always said, and will say until the day I die, my executive staff was the best in the history of the NYPD.

Their dedication, perseverance, and unshakable courage in the face of death resulted in the most successful rescue mission in the history of our country, evacuating between 20 and 25,000 people out of the World Trade Center and immediate area. We also evacuated more than one million people out of southern Manhattan into the four boroughs and New Jersey coastline.

The city of New York, and our country owes them a debt of gratitude that bears no limits.

Leading them, and serving with them, was the greatest honor in my lifetime.

God bless them all. 🙏

# BLUE

FLORIDA LAW ENFORCEMENT



TEQUESTA  
POLICE DEPARTMENT

CHIEF

GUSTAVO MEDINA



# CHIEF MEDINA & PASTOR PAUL WORK TO PREVENT BLUE SUICIDE

By Robert Foreman

Chief Gustavo A. Medina of the Tequesta Police Department in Florida has worked in public safety for over 23 years. However, he began his career in New Jersey where he worked for the New Jersey Department of Corrections, the Newark Police Department, the Essex County Prosecutor's Office (ECPO) and the Professional Standards Bureau. His years of experience in New Jersey have given him some valuable insights into officer training and support that he continues to draw from today. However, he did not realize how greatly both he, and his current department, would be impacted when their paths converged with Paul Beresford, a retired Baptist pastor.

"I am so blessed to have met a person

like Paul Beresford. He is one of the most sincere, caring, empathetic individuals you will ever meet. He has a genuine love for all, but especially for our men and women in blue. He often stops me in the morning and lets me know if we lost one of our heroes to suicide. He can quote the numbers and tells me every day - 'we need to do more; we need to do better,'" said Chief Medina.

"When I came to the Tequesta PD, I knew I wanted to help implement a program that focuses on the mental health of all our officers. Pastor Paul was sent to get certified in Crisis Intervention, after which I designated him the Critical Incident Stress Manager, a position he will tell you he finds even more personally rewarding than his previous

role as a pastor. He is constantly learning new ways to communicate with our officers, and his love and commitment for our men and women is the reason we have been successful with our mental health efforts."

Chief Medina noted that they started by providing Pastor Paul with his own private office within the police department. In the entry to his office, a sign reads, "Friends, Family gather here." The sign is Pastor Paul's way of letting all the officers know that everyone is family and that they are in this together as one.

"The goal was to create an environment where officers feel comfortable to simply talk, air their frustrations, discuss a troubling call or share personal struggles they are experiencing. The

VISIT **BLUE**.COM

A DIRECTORY WHERE YOU FIND BUSINESSES THAT ARE LAW ENFORCEMENT FRIENDLY.



officers know that what is shared with Pastor Paul remains between them and he would never violate their trust,” said Chief Medina. “I then made it a point to go in his office, close the door and have my own de-stressing sessions so that my officers could see that it is OK to speak with the pastor. We are all humans first and if a chief, director or superintendent is serious about helping reduce blue suicides, they must lead from the front and be the example.”

Chief Medina believes that the keys to the program being successful are consistency and trust. Without consistency, one would not be able to build trust with

the men and women in blue. He noted that the designated person must always be accessible, regardless of the time or day. Additionally, the designated person must be properly trained, not rush the process, and be real and genuine with the officers at all times. Above all else, the person must follow up with the officers and never violate their trust.

“We have also made our program available to other local police departments and we continue to spread the word of the work that Pastor Paul does. I once asked a neighboring police department chief if we could come by on their training day to tell them about the nec-

essary work that Pastor Paul does for us and to let them know there is no shame in asking for help,” said Chief Medina.

“We must never stop working for all of our officers. Not until the day where officer suicides are non-existent, as anything less than that is unacceptable. Our program should not be the exception but instead the norm in law enforcement. No matter the size of your department, if you are blessed to be in charge then be in charge and protect your officers. Our profession is in desperate need of strong leadership that stands up for the great work that our officers are doing in this nation. To repeat Pastor Paul’s words - we



Photo source: Chris Bonilla



need to do more; we need to do better!”

“Pastor Paul began by telling the story of an officer who was going through a difficult time and was having suicidal thoughts. He shared how the officer knocked on his door late at night and asked ‘Can you help me?’ Pastor Paul expressed how he helped and how he still has conversations with that officer.”

Chief Medina added that at the end of Pastor Paul’s talk, an officer raised his hand, and in front of his fellow officers shared that he was the one who reached out to Pastor Paul. Chief Medina noted that several members of that same agency have reached out to speak with Pastor Paul and he continues to offer his support.

“This program is simply about us trying to protect and care for our officers the same way they protect and care for our communities. As the head of an agency, it is our obligation to support our men and women, to ensure we help them through all the terrible things that they will see in a career. I take this role very personally and I never stop thinking about the safety of my officers whether on or off duty,” said Chief Medina.

## WHY WE MUST DO BETTER

Chief Medina has been asked numerous times why he and Pastor Paul felt that there was a need to address the “blue suicide” epidemic.

“The answer is simple...I have lost friends and co-workers to suicide, and I have to tell you that it stays with me every day. I’ve always felt that being a police officer is one of the most difficult jobs that one can accept. Decisions are made in the blink of an eye and the repercussions of those decisions are far greater than anyone could ever imagine,” said Chief Medina.

Chief Medina’s goal is to help police departments across the country realize the importance of taking care of officers’ mental health. While departments claim to have such programs in place, they may not be committed to those programs by following up with their officers.

“Leaders should commit themselves to the health and mental well-being of their officers, both past and present. My long-term aspiration is for every department to implement a similar program and truly commit to it on a daily basis. We must make it our mission to have zero suicides in our nation for the men and women who choose to put this uniform on and make a positive difference in this world,” said Chief Medina. 🌐



Photo source: Chris Bonilla



*VIP Service.*

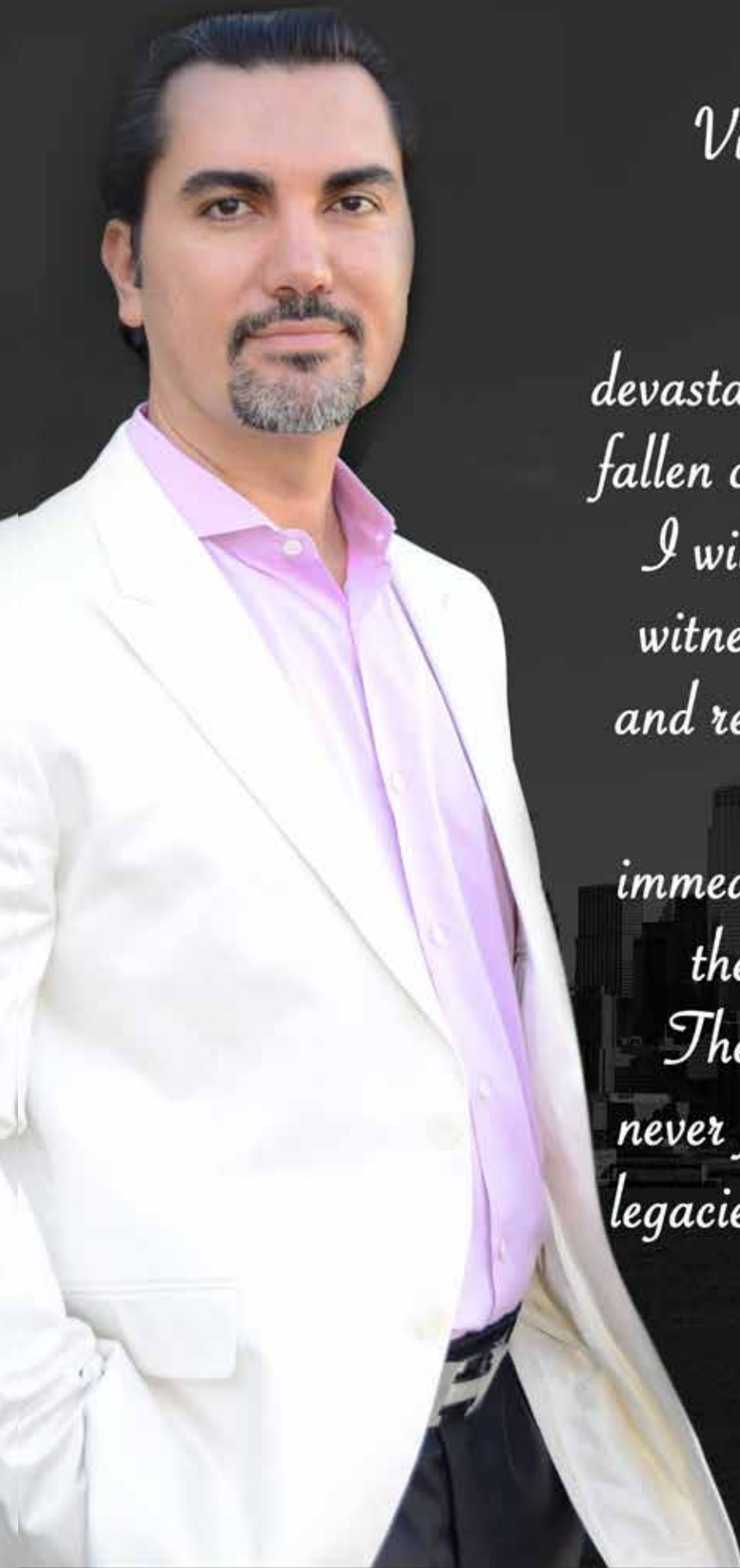


  **BLUE**  **STRESSTEST**   
**LAW ENFORCEMENT HEART DOCTOR**

*“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](http://www.BlueStressTest.com) Today!**



*“As a resident of St. Vincent’s Hospital in NYC on September 11, 2001.*

*I witnessed firsthand the devastation and heartbreak of the fallen citizens and heroes of 9/11.*

*I will never forget the horror I witnessed, yet the courage, love and resilience of our community.*

*We will never forget the immeasurable sacrifices made by the many heroes of that day.*

*Their service to this country is never forgotten and each of their legacies will continue to live on.”*

**Dr. N. Bill Aydin, MD, FACS**  
BOARD CERTIFIED PLASTIC SURGEON



# “Counterbalance to a Crazy World”

By Lt. Joseph Pangaro, CPM, CSO

In 2001, after the attacks on the World Trade Center, I was a detective with 16 years on the job. From my perspective, the profession I was in was one of the best things a person could do for a career I could imagine. The public thought very highly of us law enforcement types, thanks to the brave officers who died trying to save lives in the tower collapses. Their act of bravery and dedication to duty exemplified what every cop already knew, but the public had to be reminded of from time to time; that the men and women of law enforcement don't just talk about service, honor and duty, they live it every day with sacrifice to the point of death.

The public opinion of law enforcement was at an all-time high. People openly thanked you for your service with a smile on their faces and you could feel that it was genuine. We officers felt pride in our work and chosen profession and there was an overall consensus that our work was important to the entire country. It was, and still is no matter the current slump in public opinion we see today.

We felt that our mission to protect the innocent and weak from the criminals that plagued our cities and towns was one fully supported, funded and easily understood. In fact, proactively targeting criminals as individuals or groups was the right thing to do; it made for a safer society for everyone. Yes, those were the days.

Fast forward to today.

Through the slow drip of time and circumstance, media coverage and the ascendancy of “woke” thinking and political correctness we find ourselves in a totally different place when it comes to public opinion.

The illegal and highly inappropriate acts of a few of us in our ranks has added steam to the anti-police culture shift we are all living through currently in modern America. We are the newest scapegoats for society's ills. As a result, the once-vaunted practice of pro-active policing has now taken on a stigma of advancing multiple sets of “Anti” behavior, even where no such real belief exists. Of course, I mean the perception that law enforcement officers negatively target

certain groups of our citizens for racial, ethnic, religious or socio-economic reasons.

None of that is true. I have never attended a meeting where we sat around before a shift and decided who we wanted to “get” that day to satisfy our hatred or feelings of superiority. In fact, the belief that we do that kind of thing at all is left high and dry by the fact that our ranks are now very diverse and every group they think we hate is now represented in our profession at every level and we stand as brothers and sisters in blue.

Nonetheless, that belief exists and is repeated by many people who have ulterior motives for their anti-police rhetoric, or can gin up ratings on their TV shows or otherwise use the made-up conflict between law enforcement and the public we serve to suit their own needs, personal and political.

This struggle is real and the internal conflict it has caused for the public and for every member of law enforcement to one degree or another is detrimental to our country on a large scale and to each human being on the small scale. The anger directed toward our law enforcement community members can cause a form of PTSD. It is a constant attack on us, albeit it in small and occasionally large doses, but the damage can and is being done.

The open conversation about the “Ferguson effect,” that being officers abandoning proactive police work for a reactive response status, is common among our ranks and is a symptom of the PTSD and damage to our mission that is taking place. What the public is missing is the reality that it is pro-active police work that keeps us all safe in our communities. Without it, crime rises as we are seeing every day.

So, if we accept this premise we have to ask a few questions: One, is this sustainable? Can our society survive where crime runs rampant, and criminals have the advantage? And two, can our officers survive this constant barrage of mental and physical attack?

The answer to both, I posit, is no.

Our society cannot sustain itself if we continue on the road we are on. But the solution to this societal downturn is a larger question for every citizen and requires a response that only the people of the nation can answer and solve by the choices they make.

As for our law enforcement community we do have some options.

We cannot or will not quit in droves. Some may leave the profession as we have seen, but we will not leave in numbers significant enough to make a real difference. What we can do is understand the concept of creating a counterbalance to the negativity we may be feeling as individuals so we can survive the adverse impact of the attack on us as law enforcement officers and people.

We create a counterbalance by understanding the concept of counterbalance as it relates to human emotions and perceptions we feel internally.

A counterbalance is a concept that if we think of the scales of justice, you know, all the statues we see of Lady Liberty and justice with the blindfold and the scales. If one side of her scales is over-filled they list in that direction, but if both sides are filled then they reach equilibrium and are in balance; same thing here.

There are some old sayings that offer some insight as well- “Junk in – Junk out”, or “you are what you eat,” I’ll offer a new one: “If all you hear, see, and feel about yourself and your profession is negative, you will be negative.” So the key here is counterbalance the negative we hear with positives so we can be leveled.

We could add to our lives more positive things such as church or religious activity, more time with friends (and not talk about work), more time with

family, develop or explore a new hobby or an old one you have not had time for, and the dreaded one - find a counselor and talk about how this negativity has affected you.

There are many ways to counterbalance ourselves and build up resiliency, the new buzz word for “dealing with it.” No matter what you choose, it helps to choose something because we can’t wallow in it. We must stop listening to the news and dwelling on the difficulties. Think about the people you have helped over the course of your career. Even if you have a hard time coming up with incidents, the reality is you have helped some people and some of them in significant ways you many never know, but trust me you have. These are all positives that help us displace the negatives and buoy our spirits. We need to do this.

In 2019, the statistics showed 14 people per 100,000 die by suicide each year. For law enforcement the number is 17 per 100,000, higher than any other profession. That is a dangerous statistic for each of us because that statistic is based on active-duty law enforcement officers and doesn’t include the retired people who kill themselves in their retirement years. In the COVID year of 2020, the numbers were higher for every group. It’s like playing Russian roulette and it’s not a game we need to participate in.

I won’t dwell on law enforcement suicide other than to identify a bridge between PTSD, suicide and living an unbalanced life of stress. The connective tissue here is obvious and we should all take note of it and take a personal stake in it as well as for our profession.

We must support the idea of creating counterbalance personally and professionally since our lives and mental health depends on it. It is something in our grasp

if we seek the positive and work hard at it.

Ours is a noble profession, one that society needs. Without us, the Blue line of law enforcement, our society will crumble, and they know it as well as we do.

In my 30-plus years in this profession I have seen the pendulum swing both ways, as we were regarded as heroes to zeros and then back again. As sure as the sun rises, law enforcement will regain its place of esteem and respect. It is inevitable because we represent good, decency and justice and evil will always be present. Someday, in some way, evil will rise again and people will clamor for the centurions in Blue and we will, as we always have, answer the call, come to the rescue and do our duty and society will be grateful we are on watch at our posts.

Hang in my brothers and sisters, things will get better. In the meantime, find the positives where you can and wear them like armor and counterbalance the negative at every turn.

Let me know what you think. JPangaro@TrueSecurityDesign.com 🌐

*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*

**DUNKIN'**

2 CONVENIENT LOCATIONS

**NEWTON**  
128 WATER ST.

**NEWTON**  
65 SPARTA AVE.

**DUNKIN' DONUTS**

## “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@JJSLOWOFFICE.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



# Twenty Years After September 11th

By Will Sheehan - Legislative Director, New Jersey Veterans Network (NJVN)

I was a teenager living across the river from Manhattan when the Twin Towers fell. As I walked down my childhood block, I watched as the soot from the collapsed towers drifted down and settled on my neighbor's cars. Amidst the gray fog was an eerie silence - reducing Bayonne's daily clamor to only the sounds of sirens as members of the Bayonne Fire and Police Departments reported to Ground Zero.

In our nation's darkest hour, our police officers, firefighters and EMTs served as our brightest light - running directly into danger, to help others. We have all heard the stories of 9/11's heroes - first responders charging through the plumes of smoke, past bent steel and into the darkness. For many, that fateful sprint into the towers was the ultimate sacrifice. And for others, it was exposure to carcinogens while participating in rescue and recovery missions at Ground Zero. Each first responder represented the very best of the American spirit - imprinting a legacy of service and sacrifice on my generation, and the ones that followed.

As New York City rebuilt in the months following September 11th, my peers slowly returned to the normalcy of being teenagers, worrying about SAT scores and prom. However, there was nothing normal about a terrorist attack on American soil. I knew that there was no way we could repay our brave first responders for their service and sacrifice - we could only pay it forward, which is why I accepted an appointment to the United States Naval Academy at Annapolis, to join the fight against the world's evil. I entered the academy as Congress drafted a declaration of war, and graduated during the height of the Global War on Terror. For nine years, I served as an intelligence officer with the SEAL Teams, deploying with Joint Special Operations Command in support

of Operation Iraqi Freedom.

In Iraq, I had the honor of serving with men and women who were true heroes. Brave soldiers, sailors and Marines who deployed to far corners of the globe not because they hated what was in front of them, but because they loved what was behind them. From the brave first responders who ran into harm's way on September 11th, to our brave troops who ran directly into danger every day after, their sacrifice and service is defined not by their actions, but by their tireless devotion to our fellow countrymen and women. To me, there are endless parallels between America's troops and our first responders. From the iconic image of six Marines raising the American flag during the Battle of Iwo Jima, to the image of three New York City firefighters raising the American flag at Ground Zero - both serve as a reminder that even in our toughest hours, the American spirit always prevails.

Twenty years later, I have the immense honor of interviewing prospective students for the U.S. Service Academies, all of whom were born after 2001. They don't remember a world before September 11th because they never lived in it. But, each and every student possesses a steadfast commitment to something larger than themselves. For some, this commitment has already manifested - as volunteer EMTs, firefighters, and junior police officers in their local community. For others, it's a future career in the Armed Forces. For many, it's a combination of both.

As we mark the twentieth anniversary of September 11th, we must renew our promise to always honor the heroism of our brave first responders - especially those who made the ultimate sacrifice - and may the generations to come continue to be inspired by their commitment, service and spirit. 🇺🇸



## A MEDICAL PRACTICE FOR THE MEN & WOMEN OF LAW ENFORCEMENT

- FUNCTIONAL MEDICINE
- HORMONE & VITAMIN DEFICIENCY
- BIO IDENTICAL HORMONE REPLACEMENT
- WEIGHT MANAGEMENT
- GUT HEALTH
- NUTRITIONAL GUIDANCE
- IV THERAPY
- AESTHETIC SERVICES
- BOTOX / FILLERS
- ACUPUNCTURE
- SPA SERVICES
- AND MORE...

Your Xbody Health &  
Wellness Aesthetics  
Medicine Center

87 Berdan Ave, Suite 3 Wayne, NJ 07470  
info@xbodyus.com | xbodyus.com

**973.692.9780**



**"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



# THE BAG

By Kirk Lawless

I like to tell the kids at the police academy about “The bag.” I ask them, and none seem to know what I’m talking about. They apparently weren’t issued one. They didn’t issue one to me when I was in the police academy and I thought by now it would be standard equipment. It should be.

Back in the day, you just rummaged around and found your own. I still have mine and there are many of them. They are cumbersome and everywhere.

I’m not talking about “The bag,” as in the uniform. I’m talking about the other “bag” the one every cop gets whether they want it or not, they’re enormous and plentiful. In fact, the supply is endless.

“The bag” and what goes into it, comes with a formula. Let’s say that with every call you go on during your career you receive an appropriately sized rock, or brick, or cinderblock, and that’s where “The bag” comes into play.

Every natural death you respond to is sad. The ozone in the room where the body lays has changed, you can smell it. It’s a sort of staleness, the

void created by a human life snuffed out. You’ll remember that smell and you get one “brick.”

Death from illness, also sad, “two bricks.”

Accidental death, sad, “two bricks.”

Suicide, sad, tragic, and pathetic, “three bricks.”

Homicide, sad, tragic, anguish, rage and disgust washes over you, “five bricks.”

Rape/sexual assault, anger, empathy and the rage, when it kicks in, “the bricks” will flow in, in appropriate numbers commensurate with the shit you see.

When the victim is a child the sadness, tragedy, the rage is incomprehensible, and gut-wrenching, “10 to 100 bricks.”

Maybe you know the victim. You factor in all the variables, grief, sorrow, and pity, “500 bricks.”

Any of the above, when the victim is a brother or sister officer, you’ll get the sadness, anger, thoughts of revenge, pity, sorrow, loss and the “bricks” will probably become cinderblocks and the weight will be measured in tons.

“Shit, my bag is full. What now?” Grab a new bag and start filling it. “The full one, what I do with that?” You can try to get rid of it, but you won’t be able to shake it. Tie a knot in it and stuff it in your locker. When that’s full, you’ll probably start taking them home (that’s where the fun starts) folks want to see what’s in the bags. They want to hear about the bricks. For me, they are private things, and it’s best not to talk about “the bags” or what’s inside. Soon the bags will be everywhere: in the garage, in the attic, in the closet, way up high, top shelf, near the old gray wool blanket reeking of mothballs that will one day be your own death.

Your heart will grow heavier, likewise the badge, heavier than when you first pinned it on. After 20 years it feels as heavy as a  $\frac{3}{4}$  ton pickup truck pinned to your uniform.

You shoulder the weight as best you can. Maybe you will start to struggle with it back bent, leaning into the wind. Your legs might buckle, but you power through it. It’s hard to ask for help, so you don’t. That’s the cop way.

Every bullet hole you see or apply direct pressure to, to staunch the flow of blood, will weaken the mental dike and you keep hammering in those plugs, but as fast as you do, another leak springs, but it ain't water, it's blood. Gallons of it, sometimes it's a stranger's blood, sometimes it's another officer's, sometimes it's your own.

So now you've got these damned bags of brick, cinderblocks, hunks of asphalt covered in blood. You start accumulating them in the attic of your mind, in your dreams, your nightmares.

In the basement of your mind, where it's dark, that's where you'll put the blackest, bloodiest bags. They're heavy and they leave a slick trail down the cellar steps, the weight of what's inside thumping against every stair. Once hidden, you turn and run up the steps as fast as you can, because whatever was in that bag sounds as if it's chasing you, breathing down the back of your neck, but you're able to slam the door and throw the bolt. Whatever had been chasing you slams against the door bowing it from its frame, heaving with every inhaled and exhaled breath coming from the other side. "It" wants you, not today but maybe someday.

Shotgun suicide to the face, "Hollow head" is a frequent flyer with me. When he gets out of his bag, he's annoying mostly. He doesn't do much, appearing from my peripheral vision, walking quickly and steadily near the foot of my bed and coming around to my side. His hollowed head has no eyes, no ears. I can see the inside of his skull where his brain once sat, before he made an extraordinary and grisly piece of carnival "spin art" out of his head with a 12-gauge shotgun while sitting near a ceiling fan on its fastest setting.

His body language is inquisitive and with what's left of his head nodding, neck craning from side to side trying to listen, but without ears to hear. No eyes, but straining to see. He'd like some answers, maybe some help, but for him they just aren't coming.

Picture a locomotive, tons of steel, cannonballing down the track. No brakes, curve ahead, and beyond that a bridge, but the trestle is out. So fast, so fast, off the rails, plumes of smoke, hot ash and flames, then nothing, blackness, zero sound and waking up in a puddle of sweaty, torn sheets.

Shit, shower and shave, put on the "bag" (uniform) and head out the door to "Get back after it."

Maybe you should talk to somebody? You might. One day. No shame in that at all. You'll know when it's time to do that. The older cops know. Find a good one and reach out. Chances are they will lift you up.

Roll call is over and it's time to hit the streets. The old Sarge whispers, "Don't forget to grab a new bag kid. I think you're gonna need it." ●

*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.*



## 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

## Modern dental vision

FAMILY DENTISTRY

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

moderndentalvision.net



# **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](http://www.wellnessandsurgery.com)



# SNORE

LAW ENFORCEMENT'S

# NO MORE

SLEEP APNEA DOCTOR



**FREEDOM FROM CPAP  
MACHINES & MASKS**



**AT HOME SLEEP TESTS**



## **SYMPTOMS INCLUDE:**

**HYPERTENSION • DEPRESSION • CHRONIC FATIGUE • DIABETES  
IMPOTENCY • WEIGHT GAIN • HEARTBURN • HEADACHES • AND MORE**

**VISIT ONE OF OUR CONVENIENT LOCATIONS:  
AVAILABLE BY APPOINTMENT ONLY**

**2124 ROUTE 35 SOUTH, HOLMDEL, NJ 07733**

**26-07 BROADWAY, FAIR LAWN, NJ 07410 • 1 HEATHER DRIVE, EAST HANOVER, NJ 07936**

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

# **1-855-859-3300**

**MOST MEDICAL PLANS COVER SLEEP APNEA SOLUTIONS**

**EMAIL: [INFO@ATHOMESLEEPSOLUTIONS.COM](mailto:INFO@ATHOMESLEEPSOLUTIONS.COM)**



**ELAYNE VELAZQUEZ**  
LAW ENFORCEMENT LIASON



**DR. DOBLIN**

# President Biden is depending on cops to save him from progressives.

By Leonard Adam Sipes, Jr.

**T**he president doesn't want to alienate the liberal wing of his party. But there is little to no proof that his non-police proposals work. Considering the social, political and research implications currently at hand, it's possible that nothing will work.

I was part of a team creating presidential briefing papers on crime when I was a Senior Specialist for the Department of Justice's clearinghouse. My counterparts today are delivering similar messages to the president's staff. They are saying that his proposals except those encouraging cities and states to use federal money to hire more cops have little to no proof that they work.

The only thing that has a research base for lowering crime is proactive policing.

## We Need the NYPD

The primary message from a second crime summit came from Eric Adams, the pro-police probable next mayor of New York City who,

I believe, told the president that his agenda (and that of Democrats throughout the country) depends on a strong approach to violence based on research proving effectiveness.

Per Mr. Adams' campaign website, "If we are for SAFETY - we NEED the NYPD" - Eric Adams. He was a New York City cop for 22 years, retiring as a captain.

Mr. Adams and aides are telling the president that exploding violence is creating a huge political liability for him and his party. They are also advising him that his proposals (i.e., violence interrupters, programs for ex-offenders, gun control and social programs) are not going to reduce violent crime.

They are telling him that because it's true. Go to the Department of Justice's Crime Solutions.Gov (the supposed gold standard as to what works to reduce crime) and search for programs rated as successful focusing on violence interrupters, programs for ex-offenders, gun control and social programs. There is little evidence that they work.

## Proactive Policing

The only thing that works is proactive policing. That's the message being delivered by Mr. Adams. Police operations under the banner of proactive policing seem to have the best track record of violence reduction. Proactivity is probably the only modality with a research base as to reducing crime per a literature review from the National Academies of Sciences, Engineering, and Medicine.

Proactive policing prompts officers to take action (i.e., a person with a history of violence suspected of carrying a gun) when they have a legal right to investigate. But proactivity requires enormous risks and is the center of endless complaints against law enforcement.

In the final analysis, many make insistent and passionate claims of success for a wide variety of violence prevention programs. Most are wrong.

There are no easy solutions. Police-based programs seem to work where others fail. But hiring more

cops when police officers are leaving in droves and with recruitment down by 63 percent (per the Police Executive Research Forum) will be a monumental task. There is an anti-cop agenda painting one million employees with a broad brush of violence and corruption and it's mostly being delivered by progressives and liberal media.

There are real concerns with reintroducing proactive policing when city cops refuse to engage in the practice and residents are unwilling to support it. Considering the social, political and research implications currently at hand, it's possible that nothing will work.



## Biden Risks Alienating Liberals

In a meeting at the White House, President Joe Biden urged mayors from some of the nation's largest cities to invest in police departments and establish community-based programs that could help rebuild trust between people of color and law enforcement, saying Americans owed law enforcement and community leaders "big time."

The meeting sent a clear signal to progressives in his party and Republican critics that he would crack down on crime, reports the New York Times. It is a difficult position for Biden, who risks alienating liberals in Congress and voters who are pushing for criminal justice reform after police killings of Black people last year.

Biden's plan also includes urging communities to use \$350 billion in funds from his \$1.9 trillion coronavirus relief package to increase hiring at departments as well as support more community-focused organizations. And by inviting Eric Adams, the Brooklyn borough president who won the Democratic nomination for New York City mayor in part by making public safety a centerpiece of his campaign, Biden is reflecting his support for balancing reform with strong anti-crime efforts. The "first responsibility of democracy," the president said, "(is) to keep each other safe."

The White House is encouraging state and local governments to use funding from the COVID relief package passed earlier this year to address a summer rise in violent crime as pandemic restrictions loosened nationwide.

The administration's strategy to combat crime, a White House memo obtained by CNN said, "uses the American Rescue Plan's \$350 billion in financial support and clear guidance to provide state, local, territorial, and tribal governments the money they need to put more police officers on the beat — including hiring above pre-pandemic levels in communities experiencing an increase in gun violence associated with the pandemic — as well as the other resources, training, and accountability they need to engage in effective community policing."

## They Need To Hire More Police Officers

"I'll underscore his commitment to ensuring their state and law and local law enforcement have the resources and support they need to hire more police officers and invest in effective and accountable community policing," White House Press Secretary Jen Psaki said.

Still, Republicans have attacked

Biden for being "soft on crime."

I have no agenda regarding the president. I wish him (and any president) well in all endeavors.

But we're in a pickle. The president doesn't want to alienate the liberal wing of his party. But there is little to no proof that his non-police proposals will work.

It's clear that there are a wide variety of people who want more cops engaged in proactive policing, but can we hire more officers when so many are leaving and recruitment is dismal?

Even if we hire more, will they return to proactivity after years of violent protests?

It's fair to suggest that we have created a massive problem with growing violence and fear without solutions.

While I wish the president well, he's the same person who railed against police abuses, painting all officers with a broad brush. He's the same person who supported alternative solutions with little to no evidence that they work. He's the same person who called for bail reform and cutting the prison population in half.

And now, he's dependent on cops to save him from a problem partially of his own making. 🌐

*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*

# 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**





# A World Turned Upside-Down

By Lt. Patrick J. Ciser (ret.)

How is it possible that our country has changed so dramatically, in only a few years? How did so many fringe ideas that we thought were ludicrous for decades suddenly become mainstream and pervasive throughout our society? The answer would seem to be in the insidious indoctrination taking place within our educational system. Yesterday's liberal "hippies," (think of the 1969 Woodstock era) became many of our college professors who, apparently, fed our children Marxist ideas over time. Suddenly, the 1970s Critical Theory, which evolved into CRT, now has wide acceptance in academia today.

Most Americans for years basically believed that America was a good country, with core values and a strong Constitution that ensured freedom and basic human rights for all. Duh! It's 2021. Nowhere did we see this more than when a young, charismatic, African American got voted into the White House,

twice! And we all know that Barack Hussain Obama, wouldn't have stood a chance without the majority white vote. Today, there are countless Black millionaires across the country, and millions more earning 6 figure-plus salaries. In fact, America has more Black millionaires than any other country in the world. These men and women range from businesspersons to entrepreneurs, athletes to entertainers, political figures and so much more. So often many of our largest cities are run by Black politicians; from the Chief of Police, to the District Attorney, to the Mayor; but somehow, they are still "racist" cities! WHAT?! Do people realize that 60% of the NYPD is made up of minorities? American companies over the years have bent over backward to hire capable Black workers while also embracing affirmative action. Blacks in Hollywood are represented by a much higher percentage than 13%, although Blacks make up only 13% of the U.S. population. Although

many inner-city Blacks may have few white friends, suburban whites and Blacks hanging out together is very common, and many form close friendships. So why do so many want to ignore all the progress America has made in the last 50 years, and pretend we're suddenly back in the Jim Crow era? Jim Crow laws came from the Democrats, as did the Ku Klux Klan, after the Civil War. Democrat politicians over the years have done a good job distorting our history, however, since a Republican president freed the slaves. Blacks became Republicans in droves after the Civil War, and even Republican politicians.

Hey look, slavery was a horrible thing, and believe it or not, still goes on in other countries today. But none of us, both Black and white, had anything to do with that horrible time in American history. Also, the population of the United States in 1800, at the height of slavery, was 5,308,483. Today, with a population of 330 million, our country barely resembles that long-ago state. People have immigrated to America for over two centuries since, and today have no ancestors alive that were here back then. Are they still responsible because of the color of their skin?

Blacks on the west coast of Africa in 1619, when slaves first started to arrive here, at King George's 13 Colonies, kidnapped their own people and sold them to white Europeans with their massive ships. There were many tribes in Africa and many rivalries existed. Had Europeans gone into the jungle, they surely would've been overwhelmed and slaughtered. So, forget "The 1619 Project" about America being founded then, as the United States of America was not yet even a dream, and the "Founding Fathers" weren't even born yet.

As a teenager in 1968, I witnessed racism first hand. But playing basketball with my best friend in 8th grade, who happened to be Black, I didn't pay it much mind. I did witness; however, things dramatically improve over the last 53 years since. So why do so many want to lie about the state of race relations in America today? The Democrat/Socialist party has an agenda, and unfortunately, there's a lot of useful idiots around to propagate their lies. Maybe now we should look at some truths?

Black males in America make up approximately 6% of the population and Black females make up about 7%. Black males, however, are responsible for almost 50% of violent crime, including homicides. That's a crazy number to be sure, yet the "left" thinks it's a good idea to defund the police to get us off the backs of these

criminals. But polls show that 80% of Blacks in America do not want to defund the police, and would actually like to see more cops in their neighborhoods. Remember, every time a dopey white liberal wants to save a criminal, they simultaneously throw their countless victims under the bus. Fourth of July weekend 2021 saw over 400 shootings across the country, with 150 fatalities; that's ONE weekend! Congratulations BLM, and their enablers, you got what you wished for. 🌐

*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.*



**CLIFTON PBA LOCAL 36 PRESENTS:**  
**JOHN SAMRA MEMORIAL**  
**5K RUN & 1 MILE FAMILY FUN WALK**

WITH SUPPORT FROM THE CLIFTON ROADRUNNERS

CERTIFIED COURSE STARTS & ENDS AT CLIFTON CITY HALL  
 900 CLIFTON AVE. / CLIFTON, NJ

**SPONSORS NEEDED!**  
 CONTACT RACE COORDINATOR  
**MICHAEL DAVEY**  
 samra5k@cliftonpba36.com

BROUGHT TO YOU IN PART BY:

John Samra was a Clifton motorcycle officer who was killed in the line of duty on Nov. 21, 2003. To keep his memory eternal, a scholarship fund was established in his name and events such as this run help fund it. There are various levels of participation, from newcomers and youth, to competitive runners and seniors.

**REGISTER ONLINE AT: [eliteracingsystems.com](http://eliteracingsystems.com)**  
 FEE: \$30/Applicant - 5K Run, \$10/Applicant - 1M Walk  
 Register by Sept 5, 2021 for guarantee & 5-Shot winners only / Late Application - \$35

**SUNDAY SEPT 26**  
 RACE DAY REGISTRATION @ 7AM / RACE BEGINS @ 8:30AM

**BROTHERHOOD**

# WALK TO REMEMBER

*Detective Melvin V. Santiago*

OUR FALLEN AND ACTIVE DUTY OFFICERS

Sat. July 10<sup>th</sup>, 2021





By Vincent DeFazio

We started our annual walk in July 2019 in Melvin's memory for his 5th year taken (I do not call it an anniversary bc an anniversary is something you celebrate, Melvin being taken is not a celebration).

We continue the walk because we don't want Melvin's memory or his sacrifice to be forgotten, especially during these times when police are so disrespected and their lives disregarded it is extremely important to make sure that no officers ultimate sacrifice is forgotten and the public understand that the men and women who put that uniform on to protect their communities are human beings with families, friends, people who care for them. Their life matters too. Melvin's mission as an officer was to show a new side of "community policing". He went to the projects on his lunch hour and played basketball with the kids on the court, he spoke with the youth and seniors, bringing a new respect and understanding to the job and community. His time was cut way too short. Mel would have done amazing things for Jersey City and community policing.

We plan on making the walk a yearly event for Melvin's memory, all officers lost and for our present LEO working.

<http://MYM2650.org>



Photos courtesy of: Dave Hume , Ricard McCormack & Cathy DeFazio McBride



Photos courtesy of: Dave Hume , Ricard McCormack & Cathy DeFazio McBride

# LIVE LIFE PAIN FREE WITHOUT SURGERY!

*IMPROVE YOUR QUALITY OF LIFE WITH NON-SURGICAL PAIN RELIEF*

- SPINE SPECIALISTS
- PAIN MANAGEMENT
- SPORTS MEDICINE
- PHYSICAL THERAPY
- CHIROPRACTIC
- ACUPUNCTURE



NJ Institute  
for Pain Relief

- 901 WOOD AVE, LINDEN, NJ 07036
- 425 MAIN STREET, ORANGE, NJ 07050
- 181 N. FRANKLIN AVE, SUITE 305, NUTLEY NJ, 07110

[NJSPINEANDJOINT.COM](http://NJSPINEANDJOINT.COM)  
**855.425.1900**

# Frank Voce helps first responders EMBRACE SOBER LIVING

By Frank Voce



*Frank Voce graduated from the police academy in July 2015 and has spent the last six years of his life as a law enforcement officer in New York City. However, my drive to serve the community began as an Eagle Scout and a volunteer firefighter during my late teenage years. I played football in both high school and college, where I majored in Criminology.*

Additionally, I spent much of my time in the gym training for powerlifting competitions. In 2014, I graduated and went on to pursue my personal training certification as a way to help other people reach their fitness goals. Yet few people knew that as a police officer I was enduring my own private struggles with sobriety.

When I first started drinking it was on the weekends... you know, 'normal,' social drinking. Just out with the boys after a shift for a few cold ones that sometimes went to three or four in the morning. It's what young people do in their twenties, and it's especially what young cops do. Drinking culture is practically threaded into the career of a law enforcement officer. I thought my drinking was just what guys like me did. I didn't see anything wrong with it for a long time.


I felt invincible and totally in control. That is until my drinking started interfering with my life, my relationships and my personal happiness. What I failed to realize was that I was not in control at all. My ego was at the wheel, and right beside it was fear. I was fearful of being judged by my co-workers, by others in the weight room and even by friends and family. And I masked it with alcohol.

I wrestled with my demons in 2018 and 2019, and have been sober since September 2019. Yet I was not just content to address his own demons; I wanted to help other first responders find a safe haven to face their anxiety, depression or addiction. From that calling, I founded Reps For Responders (RFR). One of the first people Voce helped was his own father, a true pub-

lic servant and volunteer firefighter for over 40 years. Voce's father has been sober since November 2019. The mission of Reps For Responders is to support the mental health and wellbeing of all first responders, whether they are active or retired. First responders are at greater risk for anxiety, depression, PTSD, substance abuse and suicide than their civilian counterparts. As a result, RFR focuses on spreading awareness about mental health in the first responder community through its social media channels and community events.

The group promotes three pathways to "recovery," which include (1) physical activity, (2) proper nutrition and (3) peer support. When needed, referrals are made to a specialist who is trained to work with first responders. Through fitness, support groups, addiction peer recovery coaching and live/virtual group events, first responders have a family within the RFR community.

The myth that a cop can't have a career and live sober is now a relic of the past. I give people so much credit for being sober and facing their problems head on, rather than masking them with drinking. For myself, living sober has taught me that I don't need to impress anyone, I only need to be better than the 'Frank' from yesterday.

Reps For Responders is a Non-profit 501c3. If you are struggling with addiction, or wish to make a donation, feel free to learn more at [repsforresponders.org](https://repsforresponders.org) 

*Frank Voce has always felt called to give back to his community. His service to others began as an Eagle Scout and a volunteer firefighter in his late teens. In July of 2015, Frank graduated police academy. After battling with personal struggle in 2018 and 2019, he finally reached out for help and support. Once Frank improved mentally and physically, he felt called to help other first responders who struggled the way he did, and provide them a safe space to face their anxiety, depression or addiction in an environment that had brought Frank so much mental and physical strength once before. From that calling, Reps For Responders was born.*





# Shanksville Pennsylvania: WE WILL NEVER FORGET FLIGHT 93

By Dale Gabriel

Has it really been 20 years? September 11, 2001 was a horrible time for our country, yet there was SOME good that came out of it; it brought us all together. This country needs togetherness like that today.

We ALL have memories and stories about that horrific day, but for me and those of us in law enforcement and first responders, it is an extremely different memory than most of the general public. In my case, memories of 9/11, as a trooper with the Pennsylvania State Police, working in the troop assigned where United Airlines Flight 93 crashed.

It started out like any other day. I was working daylight shift. I was on patrol, enjoying the sunny fall day. Since I rarely worked daylight, I enjoyed being seen, especially by kids. I was following school buses and waving to the kids, driving around the school as they made their way inside. I was very active volunteering in the school, and a great majority of the kids knew me. They loved seeing me in uniform. Little did we all know that a short while later, our lives would change forever.

I heard something on my police radio about a plane crash, since the 911 call from Flight 93 came into my county dispatch center, but I really did not pay that much attention to it, as I was heading to a DUI hearing. I strolled into the Magistrate's office, and everybody was abuzz, talking about the tragic plane crash, yet at that point, nobody knew exactly just HOW tragic it was.

As more details came to light, it was obvious that this was NOT like any other plane crash, and this was a day unlike any other.

Initially, we thought it was nothing more than a horrible accident. Then we heard about the second, then the third. America was under attack, specifically New York and Washington, D.C., followed by a crash right here in our back yard, Shanksville,



Pennsylvania, in the midst of my troop, Pennsylvania State Police Troop A. Nobody knew what might get hit next.

My fellow troopers and I were all called into station to discuss what was going on, even though nobody was sure. The PA State Police had to create and develop a plan they had never even considered, a plan they really had no clue about. What exactly was PSP going to do? How do you develop a plan when you really have no idea what is going on? Are we protecting the public? Are we going to war? I was proud at how quickly everything came together, and even more proud being just a very small part of it.

I cannot say it too many times. All of our lives changed forever that day. Innocence was lost. Those of us who had kids had to painstakingly explain to them what was going on, which was difficult, because to be honest, we didn't have a clue ourselves.

Personally, for a small amount of the population, those of us in law enforcement, fire rescue, EMS and especially the military and our families, it was much different for us than the rest of the world especially with Flight 93 crashing so close. As the plan was being created, my PSP brothers and sisters were told to pack a bag, say goodbye to our families and be ready to head to Shanksville at the drop of a hat for only God knew how long.

Nobody knew what our task would be. Would we be digging for bodies? Would we be gathering evidence? Would we be standing guard? Nobody knew for sure who was going, when they were going, what our task would be, or when we might get the chance to see our families again. In the end, we did ALL of those things.

I called my wife and told her to grab our three kids at the middle school

and elementary and bring them home. I wanted to see them and give them a hug, not knowing what the future was going to hold for any of us. In addition, how do you explain something like this to a 12-, 10- and 7-year-old? How do you tell them what happened, and worse yet, what might STILL happen? How do you keep them safe, keep them from being terrified? It was a very trying time to be a parent, even MORE trying to be a trooper. But it was about more than just us. It was also about our families. What we all were able to do in the end would not be possible without our families.

Sometimes, I think the families made more sacrifices than those of us who were forced to work because of the attacks. My wife spent the next couple months like a single mother while I worked 12- and 16-hour days, seven days a week. With half our complement spending months at Shanksville, we could not forget the



general public we were sworn to serve and protect. We were very short-handed but got the job done. As I reflect upon it, we were fortunate that crime was down during this time. People were actually treating each other BETTER.

It's been said over and over, but it's necessary. Life as we knew it would never be the same. From all that devastation, however, some good did arise. Patriotism tops the list. People in all walks of life started to appreciate America as we should have before. Red, white, and blue could be seen everywhere. Patriotic songs were heard continuously. New songs were written. Americans began to take on an "us against them" mentality, and THEY were NOT going to win! They could not keep us down!

People finally started to appreciate the firemen, the EMTs, the police, those of us who worked every day before, and every day since, to keep them safe, those of us who worked all night, weekends, holidays when they were out celebrating with family, as well as through storms that people were not supposed to go out in. I always had a sense of pride for what I did but never like this. As EVERYBODY seemed to appreciate and respect us, I had an even bigger sense of pride that I never really experienced any other time in my career as a trooper. People would routinely thank us for our service, pick up our checks at lunch, or simply smile and wave to acknowledge us. Their kids wanted to shake our hands. This is what being a police officer SHOULD be like.

I don't even know how many days straight I worked. I lost count. On my first day off after the attacks, baseball was getting back to being played. The Pirates were having their first game after a long layoff. As a huge baseball fan, I wanted to just forget about everything going on, and enjoy watching the game. A stranger, seeing me post something about my situation, gave me tickets to that first Pirates game for the whole family; the best seats I have ever had for a ball game in my life. A stranger!

To this day, the national anthem still makes me cry. I stand tall and proud, and think of the words as they are being sung, the words about OUR Star-Spangled Banner. I reflect upon everything in my life that I have to be thankful for, especially for my dad, a proud Marine who served in the Korean War, and all the veterans who fought, many making the ultimate

sacrifice to give us freedom. I think about all the first responders who lost their lives helping others that fateful day and the families they left behind. I pray for all those afflicted with post-traumatic stress syndrome, and those who are still passing, from afflictions developed that day. I think about the countless police shootings we see on the news now, nearly every day. Then, I start to think of all of these professional athletes, many of them backed up by so-called "celebrities" disrespecting the flag, our military, our police, and the country by refusing to stand, ignoring the national anthem, and it makes me absolutely sick and disgusted.

So as you go about your business today, take a moment to reflect on it all. Think of how lucky you are to have survived that day and the period after it. Pray for those who did not and their families. Think of all the heroes on Flight 93 who may have saved thousands of lives, with their efforts, while surrendering their own. Think of the people who rebuilt New York. Think of all those first responders who risked their own lives to help others. Think of how many did not make it. Think of the families they left behind. Think of the sacrifices made by the families of all those first responders, as my wife and daughters had done. Think of anyone and everyone who did something, ANYTHING, to help America recover. Think of all the military personnel then, and ever since then who risk their lives to keep us free... and please, STAND for the national anthem.

And let's pray we never have to endure another incident like this for the rest of our lives, nor our children's lives, our grandchildren and so on, but let us also pray for togetherness. Pray that we can all come together as a nation, as Americans, pray to stop the hatred.

God Bless America and PLEASE BACK THE BLUE! 🇺🇸

*Dale Gabriel is a retired patrol and community services officer with the Pennsylvania State Police. After 25+ years of service, in retirement, he has been working on a book of his many PSP memories. He also coaches a baseball team in a Miracle League for those with special needs. He holds a communication degree with English minor from Saint Vincent College in Western Pennsylvania.*





# POLICE ORGANIZATION AWARDS A LOCAL DOCTOR

**Dee Mazzeo**  
**Health Writer**

On June 26, 2021, the Police Motor Officer Training Association along with the Paramus Police Department hosted a Motorcycle skills competition, in Paramus New Jersey. This is an annual event where active as well as retired police officers compete and train in order to perfect their skills. In attendance were a variety of pillars of the community. I had the pleasure of meeting one that has been influential in the care of many Law Enforcement Officers and their families. The organization gathers to raise funds to help protect and train police motor officers, inviting active officers, retired police, and the general public. Dr. Mazandarani (Dr. Maz) who was among the participants is a longtime supporter and advocate for Law Enforcement. We were told by multiple officers on site that he has treated many Police Officers and their families.

Dr. Maz of Medwell Orthopedic & Family Medicine in Midland Park was recognized for his participation in the North Jersey Motorcycle Skills Competition. As always in his recommendations to the officers at the event he emphasized on staying pain free and preventative care. During interview Dr. Maz emphasized stress is one of the main causes of many serious illnesses, injuries, and pain. Dr. Maz knows that police officers are under a lot of it. Because he has a special understanding, empathy, and respect for their pain and stress. In addition, Dr. Maz who is a chiropractor at the center works with physicians including spine orthopedic specialist which makes the care officers need more effective and reasonable. With body scans and other powerful diagnostic and therapeutic treatments, he's able to target this stress and naturally relieve the body from pain, then empowering and strengthening them to carry on with their important duties.

When asked Dr. Maz, "Why such a commitment to Law Enforcement"?, Dr. Maz simply replied that this is his way of giving back to the community. We learned that he has been treating law enforcement patients for over 20 years. He has been awarded the coveted Silver Life Award, which is the highest award a civilian can receive by the police and law enforcement with recommendations of officials. Each year only a few select citizens who have demonstrated their continued support to the law enforcement community are given this prestigious award. By way of example, Paterson Police PBA Local 1 has given one award per decade for the last sixty years.

Dr. Maz works at Medwell Orthopedic & Family Medicine which is a integrated multi-specialty facility in Midland Park which focuses on non-surgical orthopedic care, testosterone therapy, medical weight loss treatments and providing alternative therapies for patients suffering from chronic ailments. His goal is simple, relieving the patient's pain as quickly as possible without the intervention of medications or surgery.

Dr. Maz resides in Franklin Lakes New Jersey with his wife Morgan and their three sons, Arya, Amir, and Arman. Although Dr. Maz is a dedicated doctor who insists on being hands on at the office, he is passionate about spending quality time with his family. On any given Sunday you will find him at a family outing, hosting a charitable event or just simply spending a quiet day at home. Whatever his day off brings, you can rest assured that the boys and his wife are by his side.



**MEDWELLNJ.com**  
Spine, Knee & Neuropathy Center  
33 CENTRAL AVE, MIDLAND PARK, NJ 07432  
**201.848.8000**

BLUESUICIDE.ORG

Join the Discussion



*National Suicide Prevention Hotline*  
**908-232-2880**

**IT'S NEVER TOO  
LATE**



**1<sup>st</sup> EVER**  
**NEW JERSEY HONOR LEGION**

**CASINO Night...at the VENETIAN**

Time: 6PM - 11PM  
 Top Shelf Open Bar • Grand Buffet Dinner • DJ  
 \$200 Casino Play Money included

Proceeds Benefit:  
*The Widow and Orphan Fund*

Tickets: **\$125**

**NOVEMBER 17 2021**

PHONE: (201) 975-4323 (Ext. 508)  
[www.NJHL.com](http://www.NJHL.com)

**VIP Gaming Area Available!**

**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](http://WWW.ANAPAISTHERAPY.COM)

**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](http://INFO.MONMOUTH.EDU/CJ)**



732-571-3452 | West Long Branch, NJ

## *My, Oh My How Things Have Changed*

By Chris Amos

Perhaps one of the characteristics about Jesus that I am most grateful for is found in Hebrews 13:8 “Jesus Christ is the same yesterday, today and forever.” As I watch everything around me change at a frightening pace, I am so thankful Jesus Christ does not.

Many reading this may have experienced the pain, the emotional heartbreak from the ever-changing affections of a loved one. Maybe your spouse has fallen out of love with you. His or her feelings for you have changed. They aren't what they once were. Divorce soon follows. Or maybe your dream job has changed, becoming more and more like a ball and chain around your ankle. Maybe your best friend in all the world has died, or perhaps even worse, moved on no longer having the time or interest in keeping your friendship going. Things inevitably change, for better or for worse.

As we recognize the 20th anniversary of the terrorist attacks that took place on September 11, 2001, I remember watching this scene play out on television from the comfort of my office while serving as a Norfolk Police Officer. In the days and weeks that followed I remember the wave of patriotism that swept the country. I remember that while in



uniform my money seemed to be worthless, as people would eagerly pay for my meals as a sign of support and appreciation. I remember the cards from elementary school classes that were made by the kids and mailed to the Chief's Office. I remember being stopped everywhere I went by folks just wanting to shake my hand and thank me. I remember the pride I had, not a personal pride, but a much greater pride I had just for the uniform and the countless men and women willing to sacrifice all, in service to their respective communities.

Well that was then and this is now and my, oh my, how things have changed. Twenty years after first responders could do no wrong, now seemingly, they can do no right. In New York City where police officers and firefighters were once hailed as national heroes, now they are racist, intolerant, incompetent buffoons who are good for nothing. Not just in NYC but in many parts of the country, but none more so than in our major cities. A profession, once revered as being professional, noble, and one of great integrity has been reduced to a job fraught with minefields that no one in their right mind desires to pursue.

The era of proactive policing has given way to officers who operate under a constant

state of fear and second guessing. Oh, they are not afraid of doing the job. They are afraid of what would happen if they don't do the job perfectly, 100% of the time! They are afraid of becoming the next headline, forced to take a life because of the criminal actions of another. They are afraid of renegade Commonwealth and District Attorneys wanting to make a name for themselves. They are afraid of chiefs and sheriffs that might abandon them in their greatest hour of need. They are afraid of losing their jobs, their homes, their freedom all because of decisions they are forced to make in seconds, without the luxury of knowing the full story. They are afraid of making mistakes in good faith, realizing that they are no longer afforded good faith. Ironically, according to the recent Gallup poll, police officers are still one of the most trusted professions in the country, and yet they are operating in an environment, where far more time is spent coddling the guilty, while ignoring the victims of crime.

I personally find tremendous peace, comfort, and hope in knowing that while the society in which we live is constantly changing, and many of those changes are not for the better, I can rest in knowing Jesus Christ NEVER changes. His love for me is as great, as deep, as wide and certain today as it was yesterday, and as it will be tomorrow, for all the tomorrows of my life. I rest in knowing that no

matter how society changes with its attitude toward law enforcement officers, Jesus does not. His calling does not change. His need for, and love of police officers does not. I am reminded of Jesus as He rode into Jerusalem on Palm Sunday to the shouts of praise by all of those in attendance knowing that within five days the shouts of praise would be replaced by shouts of condemnation and "crucify Him!" And yet Jesus stayed the course. He did not allow the fickle and feckless mob dictate how He would fulfill His own calling. To my Law Enforcement Friends, so too I encourage each one of you to stay the course! Jesus knows what you are going through; in fact the promise of His never-changing nature is only surpassed by one more promise, the promise to never leave you nor forsake you. You are not alone. Look to Jesus for peace, comfort, and for the assurance that this world has long since abandoned. 🌐

*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.*



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



- SPORTS MEDICINE
- MINIMALLY INVASIVE

SPINE & ORTHOPAEDIC SURGERY

**JPVIZZONE.COM | JPV@JPVIZZONE.COM**  
**973.783.1444**

**INJURED IN A RIDE SHARE?**

BRIAN J. LEVY & ASSOCIATES, P.C. | A PERSONAL INJURY LAW FIRM

**CAR ACCIDENTS**

LONG ISLAND: 516-496-1777  
BRONX: 718-423-0757  
NEW JERSEY: 201-255-0093  
BLEVY@BRIANJLEVY.COM  
WWW.BRIANJLEVY.COM



BRIAN J. LEVY ESQ.  
A PERSONAL INJURY LAW FIRM

# REMEMBRANCE

Article & Artwork  
by Jonny Castro

*Police Officer  
Ella French*

On August 7th, Chicago Police Officer Ella French and two other officers assigned to the Community Safety Team were conducting a traffic stop on Chicago's South Side. During the vehicle investigation, the passenger pulled a gun and opened fire, striking two of the three officers. Though gravely wounded, they were able to return fire and hit the gunman. Officer French suffered a fatal gunshot wound to the head during the attack. Her partner remains in critical condition, fighting for his life after being shot multiple times. All three suspects involved have been taken into custody.

Officer French is remembered as one of the good ones. She was a bright, charismatic young woman who joined the Chicago Police Department back in 2018. She was proud to wear the badge, and brought honor and distinction to what it stands for. Officer French was a person of integrity and always believed in doing the right thing. Most importantly, she took this job to help people. Officer French was assigned to the 10th District, but respectfully requested to be detailed to the Community Safety Team to try and make a difference in a city plagued by gun violence. Officer leaves behind her mother and brother, and would have celebrated her 30th birthday at the end of August. 🌍

# MORTGAGES FOR BLUE

NEW YORK

*"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, (855) 903-6342, LICENSED BY THE N.J. DEPARTMENT OF BANKING AND INSURANCE 9200151. BRANCH ADDRESS: 1706 ROUTE 20 NORTH, SUITE 125, WAYNE, NJ 07479. THIS IS NOT AN OFFER FOR EXTENSION OF CREDIT OR A COMMITMENT TO LEND. LIT 2019-219

*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!*



*"Mila"  
Kevin Fenesea  
Ocean County  
Sheriff's Department*



*"George"  
Officer Nick Norcia  
Manasquan, NJ  
Monmouth County K9*



*"Jango Fett"  
Letty Zalme-Case  
West Orange  
Police Department (ret.)*



*"Stout"  
Officer Jesse O'Brien  
Jersey City  
Police Department*



*"Fin"  
Officer Russ Yeager  
Fanwood  
Police Department*



*"Liberty"  
T Edward Sully  
Boston  
Police Department*



*"Mocha"  
Lt. Anthony  
Sincaglia  
Passaic County  
Sheriff's  
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](mailto:bluepawsnow@gmail.com)*

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



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



# *YOUR **IN-NETWORK** DOCTOR DIRECTORY*



[WWW.BLUEDOCTORS.COM](http://WWW.BLUEDOCTORS.COM)

**WE SUPPORT BLUE**



**MOST INSURANCE ACCEPTED  
31-00 BROADWAY, FAIR LAWN NJ 07410  
[WWW.BLUETRISTATE.COM](http://WWW.BLUETRISTATE.COM)**



“

*We will always honor and remember the heroes of 9/11. On behalf of Tri-State Health and Wellness, may God bless you and thank you for all you do.*

”

***NEVER FORGET THOSE WHO SACRIFICED EVERYTHING, FOR US.***

**20**  
**YEARS**  
REMEMBERING 9.11.01

# 20 YEARS

REMEMBERING 9.11.01

## NEVER FORGET THOSE WHO SACRIFICED EVERYTHING, FOR US.

Detective Sandra Y. Adrian • Detective Gerard A. Ahearn • Detective James John Albanese • Chief of Detectives William H. Allee • Detective Sixto Almonte • Detective Luis Gustavo Alvarez  
Sergeant Alex W. Baez • Police Officer Curtis Joseph Bako • Police Officer Karen E. Barnes • Detective Thomas J. Barnitt • Police Officer Ronald G. Becker, Jr. • Detective Aslyn A. Beckler  
Police Officer James A. Betso • Sergeant Gerard Thomas Beyrodt • Police Officer Derrick Bishop • Police Officer Scott R. Blackshaw • Police Officer Frank M. Bobul • Deputy Chief Steven Joseph  
Bonano • Sergeant Patrick J. Boyle • Police Officer Thomas Gerard Brophy • Lieutenant Rebecca A. Buck • Police Officer James M. Burke • Captain Carmine C. Cantalino • Police Officer Audrey P. Capra  
Police Officer Madeline Carlo • Detective Megan K. Carr-Wilks • Detective Joseph A. Cavito • Police Officer Yolanda Cawley • Sergeant Christopher M. Christodoulou • Police Officer Peter D. Ciaccio  
Lieutenant Steven L. Cioffi • Sergeant Charles J. Clark • Police Officer Daniel Charles Conroy • Sergeant John Gerard Coughlin • Sergeant Patrick T. Coyne • Detective Christopher Edward Cranston  
Detective Angel Antonio Creagh • Sergeant Michael Sean Curtin • Detective Kevin Anthony Czartoryski • Police Officer John D'Alara • Police Officer Anthony D'Erasmo  
Detective Annetta G. Daniels • Police Officer Vincent G. Danz • Sergeant Garrett S. Dazzo • Detective Michael Kenneth Davis • Police Officer Anthony DeJesus • Deputy Chief Vincent A.  
DeMarino • Police Officer Michael D. Diamond • Detective Corey J. Diaz • Detective Leroy Dixon • Police Officer Kenneth Xavier Domenech • Police Officer Stephen Patrick Driscoll • Police Officer  
Renee Dunbar • Police Officer Robert M. Ehmer • Police Officer Mark Joseph Ellis • Police Officer Otto R. Espinoza • Detective Pedro Esponda, Jr. • Police Officer William R. Farley • Police Officer  
Robert Fazio, Jr. • Detective Luis G. Fernandez • Sergeant Paul Michael Ferrara • Police Officer Keith A. Ferrara • Police Officer John P. Ferrari • Police Officer Edward M. Ferraro • Police Officer Nicho-  
las G. Finelli • Police Officer John R. Ferrari • Police Officer Edward M. Ferraro • Inspector Donald G. Fraser • Detective Carmen M. Figueroa • Police Officer Alexander Figueroa • Detective Stuart F.  
Fishkin • Police Officer Edward J. Fitzgerald • Lieutenant Jeffrey W. Francis • Sergeant Gary M. Franklin • Detective Sean Patrick Franklin • Police Officer Scott N. Gaines • Captain Barry Galfano •  
Police Officer Thomas J. Gallagher • Sergeant Michael J. Galvin • Police Officer Deborah A. Garbutt-Jeff • Police Officer Matthew J. Gay • Police Officer Judy Ann Ghany-Baronius  
Police Officer Anthony C. Giambra, Jr. • Detective James Thomas Giery • Sergeant Rodney C. Gills • Captain Edward Charles Gilpin • Detective Charles Gilbert Gittens, Jr. • Detective Michael E. Glazer  
Police Officer James Junior Godbee • Detective John E. Goggin • Police Officer Robert C. Grossman • Police Officer Dave E. Gusvara • Inspector James Guida  
Sergeant Charles R. Gunzelman • Police Officer Diane F. Hallbran • Police Officer Michael J. Hance • Police Officer Anthony R. Hanlon • Sergeant Claire T. Harahan • Police Officer Raymond Harris  
Detective Kevin George Hawkins • Police Officer Joseph F. Heid • Police Officer Robert Bernard Helmke • Detective Michael R. Hemy • Detective Alick W. Herrmann • Detective William J. Hofferter  
Police Officer Richard G. Holland • Detective Nathaniel Holland, Jr. • Detective Steven Hom • Police Officer Demetrios Hopkins • Detective Charles James Humphry • Sergeant Michael Vincent  
Incontrera • Sergeant Wayne A. Jackson • Police Officer Richard Jakubowski • Police Officer Cheryl D. Johnson • Police Officer Paul J. Johnson • Police Officer Louise M. Johnston  
Sergeant Scott Johnston • Police Officer Robert W. Kaminski • Police Officer Charles M. Karen • Detective William D. Kinane • Police Officer William J. King • Police Officer Ronald Philip Kloe  
Police Officer Gary Lee Koch • Police Officer Kelly Christina Kondrak • Police Officer Fred J. Krinas • Detective John F. Kristoffersen • Detective Stephen T. Kublinski • Police Officer Thomas Michael  
Langone • Detective Robert F. Larkie • Sergeant Mark Lawler • Police Officer James Patrick Leahy • Detective Michael Lawrence Ledok • Detective Jeffrey A. Lee • Police Officer Andrew J. Lewis •  
Detective Christian R. Lindsay • Lieutenant Luis A. Lopez • Police Officer Richard Lopez • Detective Thomas J. Lyons • Police Officer Frank Gerard Macri • Police Officer David Mahmoud  
Police Officer Shaun M. Mahoney • Detective John J. Marshall • Sergeant Robert P. Masci • Police Officer Vito S. Mauro • Police Officer Gary Gerald Mausberg • Lieutenant Jacqueline McCarthy  
Police Officer Brian Grady McDonnell • Police Officer Patrick Thomas McGovern • Sergeant Colleen A. McGowan • Captain Edward Joseph McGreal • Sergeant Michael J. McHugh  
Police Officer Denis Reid McLarnay • Police Officer Christopher Shawn McMurry • Lieutenant Jennifer Maehan • Police Officer Gregory V. Melita • Detective Tommy L. Merrinweather • Detective Mark  
Mkwanazi • Lieutenant Brian S. Mohamed • Deputy Chief James Gerard Molloy • Detective James W. Monahan • Detective Robert A. Montanez • Detective Michael P. Morales • Captain Dennis Morales  
Detective John K. Muller • Sergeant Patrick P. Murphy • Lieutenant Paul Murphy • Sergeant Edmund P. Murray • Sergeant Anthony Napolitano • Police Officer Mark J. Natale  
Police Officer Robert J. Nicosia • Detective Maureen M. O'Flaherty • Sergeant Terrence Scott O'Hara • Sergeant Donald J. O'Leary, Jr. • Lieutenant Carlos J. Ocasio • Police Officer Jason Howard  
Officer • Detective Edwin Ortiz • Police Officer Robert Ortiz • Police Officer Robert V. Osawin, Jr. • Police Officer Joseph Cavanaugh Pagnoni • Police Officer Allison Marie Palmer • Lieutenant Phillip  
E. Pizzarella • Detective Joseph Paolillo • Police Officer William G. Parker • Captain Ronald G. Peifer, Sr. • Police Officer Angelo Peluso, Jr. • Police Officer John William Perry • Detective Philip T. Perry  
Police Officer Glen Kerrin Pettit • Detective Joseph L. Pidoto • Sergeant Louis R. Pioli • Captain Peter L. Piodera • Police Officer Francis Thomas Pitone • Police Officer Frank J. Pizzo  
Lieutenant Christopher M. Pupo • Assistant Chief Michael V. Quinn • Police Officer Moira Ann Reddy-Smith • Police Officer Christine Anne Reilly • Detective George Clay Remous, Jr. • Lieutenant  
Gerald Rex • Lieutenant Robert Daniel Rice • Detective Claude Daniel Richards • Detective Ronald A. Richards • Detective Roberto L. Rivera • Police Officer Lawrence J. Rivera • Police Officer Peter  
O. Rodriguez • Detective Joseph M. Roman • Lieutenant Kenneth W. Russo • Lieutenant John Charles Rowland • Sergeant Timothy Alan Roy, Sr. • Lieutenant James D. Russell • Detective John A.  
Russo • Sergeant Michael W. Ryan • Lieutenant James E. Ryan • Police Officer Patrice Marie Ryan-Ott • Detective Thomas Santoro • Sergeant Stephen R. Sculza • Sergeant Jacqueline C. Schaefer  
Detective James A. Schiavone, Jr. • Detective Joseph Edward Sealbrook • Police Officer Peter M. Sheridan, Jr. • Lieutenant Mari Simms • Detective Basilio A. Simons • Detective Andrew L. Siroka  
Sergeant Harold John Smith • Captain Scott V. Stelmok • Detective Christopher Strucker • Police Officer Ramon Suarez • Sergeant Barbara J. Sullivan • Police Officer Robert S. Summers  
Detective Traci L. Tack-Czapkowski • Police Officer Paul Talty • Police Officer Richard E. Taylor • Detective Sally A. Thompson • Detective William B. Titus, Jr. • Police Officer Martin Tomi  
Police Officer Reginald Umphrey, Sr. • Police Officer Santos Valentin, Jr. • Detective Harry Valentin • Police Officer Manuel Vargas, Jr. • Detective Dennis J. Vickery • Police Officer John F. Vierling, Jr.  
Detective Joseph Vincent Vignano • Police Officer Perry T. Villani • Sergeant Michael B. Wagner • Detective Thomas P. Ward • Police Officer Walter Edward Weaver • Detective Thomas Francis Weiner,  
Jr. • Police Officer Ronald Evan Weintraub • Detective Richard H. Wentz • Detective Jennifer A. Williams • Police Officer Wade Jason Williams • Detective Robert W. Williamson  
Inspector Richard Daniel Winter • Police Officer Kenneth W. Wolf • Police Officer George Mian Cheng Wong • Detective John T. Young • Detective James Zadroga • Officer Robert A. Zane, Jr.  
Special Investigator Diana DiGiorgio • Corporal Harvey "Snook" III • Undersheriff Stephen B. McCloud • Deputy Chief John P. McKee • Trooper First Class Eugene Kenneth Barco, Jr. • Trooper First Class  
Walter Greene, Jr. • Police Officer Walter L. Mallinson • Sergeant Christopher A. Vidro • Police Officer Brian R. Abbondandolo • Police Officer Charles Dennis Cole, Jr. • Police Officer Peter Francis  
Curran • Police Officer Peter Martino • Police Officer Paul J. McCabe • Police Officer James V. Quinn • Lieutenant Michael P. Shea • Lieutenant William George Fearon • Staff Sergeant Bryan U. McCoy  
Trooper Robert Einnet Nagle • Detective Mark S. Gado • Police Officer Kathleen O'Connell-Funigallo • Fire Marshal Ronald P. Bucci • Senior Investigator Fred Gluskin  
Conservation Officer Stephen L. Raymond • Senior Court Officer Thomas Jurgens • Captain William Thompson • Senior Court Officer Mitchell Scott Wallace • Bureau Chief Charles Mills  
Investigator Clyde Frazier • Investigator Richard Mobley • Investigator Salvatore Pappas • Assistant Deputy Commissioner William Pohlenzen • Trooper Michael J. Anson • Trooper Darryl J. Burroughs,  
Sr. • Sergeant Jeffrey M. Cicora • Trooper Brian S. Falb • Investigator Ryan D. Fortini • Senior Investigator Thomas G. Moran, Jr. • Trooper Cyril Chase Pierce • Sergeant Charles Robert Salaway • Investigator  
Paul R. Stuewer • Police Officer Stephen A. Ketchum • Detective Charles John Wamsir, Jr. • Police Officer Christopher Amaroso • Police Officer Maurice Barry • Police Officer Charles Barszyl  
Lieutenant John J. Brant • Police Officer Liam Callahan • Lieutenant Robert Carl • Police Officer John Mark Cortazzo • Police Officer Clinton Davis • Police Officer Donald Foreman  
Police Officer Gregg Froehner • Police Officer Thomas Gorman • Police Officer Ursula Gonia Houston • Police Officer George Howard • Police Officer Stephen Huczko, Jr. • Inspector Anthony Infante  
Police Officer Paul Jurgens • Sergeant Robert Kautfers • Police Officer James W. Kennedy • Police Officer Paul Laszczynski • Police Officer William James Leahy • Police Officer David P. LeMagne •  
Police Officer John Lennon • Police Officer John Levi • Police Officer James Lynch • Captain Kathy Mazza • Police Officer Donald McIntyre • Police Officer Walter McNeil • Police Officer Mark J. Meier  
Director of Public Safety Fred V. Morrow • Police Officer Joseph Naves • Police Officer James Nelson • Police Officer Algonie Niedermeyer • Sergeant Vincent Joseph Olive  
Police Officer Pavlos D. Pallas • Police Officer James Parham • Police Officer Dominick Pezulo • Police Officer Bruce Reynolds • Police Officer Antonio Rodriguez • Police Officer Richard Rodriguez  
Chief James Romito • Police Officer John Skala • Police Officer Wahyus Stuart • Police Officer Michael Edmund Teal • Police Officer Kenneth Tietjen • Police Officer Steven John Tersellino  
Police Officer Nathaniel Webb • Police Officer Michael Wholby • Sergeant James Thomas Furrill • Detective Stephen John Mullen • Sergeant Dennis Wallace Reichardt • Special Agent Dennis Patrick  
McCarthy • Special Agent Edward Joseph Smith • Special Agent Robert T. Williams • Special Agent Thomas Michael Wischard • Special Agent William C. Sheldon • Special Agent Dennis Bonelli • Special  
Agent Steven A. Carr • Special Agent William Robert Craig • Supervisory Special Agent Brian Lawrence Creers • Special Agent Laurie J. Fournier • Special Agent Leonard Hatton  
Special Agent Jerry D. Jobe • Special Agent Mark C. Johnston • Special Agent in Charge David James LeValley • Special Agent Mark Joseph Mikulski • Special Agent Melissa S. Morrow  
Special Agent Robert Martin Roth • Special Agent Gerard D. Santore • Special Agent Rex Aaron Stockham • Special Agent Paul H. Wilson • Special Agent Wesley J. Yoo • Deputy U.S. Marshal Kenneth  
J. Doyle • Deputy U.S. Marshal Zacarias Toro, Jr. • Master Special Officer Craig J. Miller • Police Officer Anthony Maggiore • Lieutenant Roy D. McLaughlin

# BLUE

THE INDEPENDENT VOICE OF LAW ENFORCEMENT