

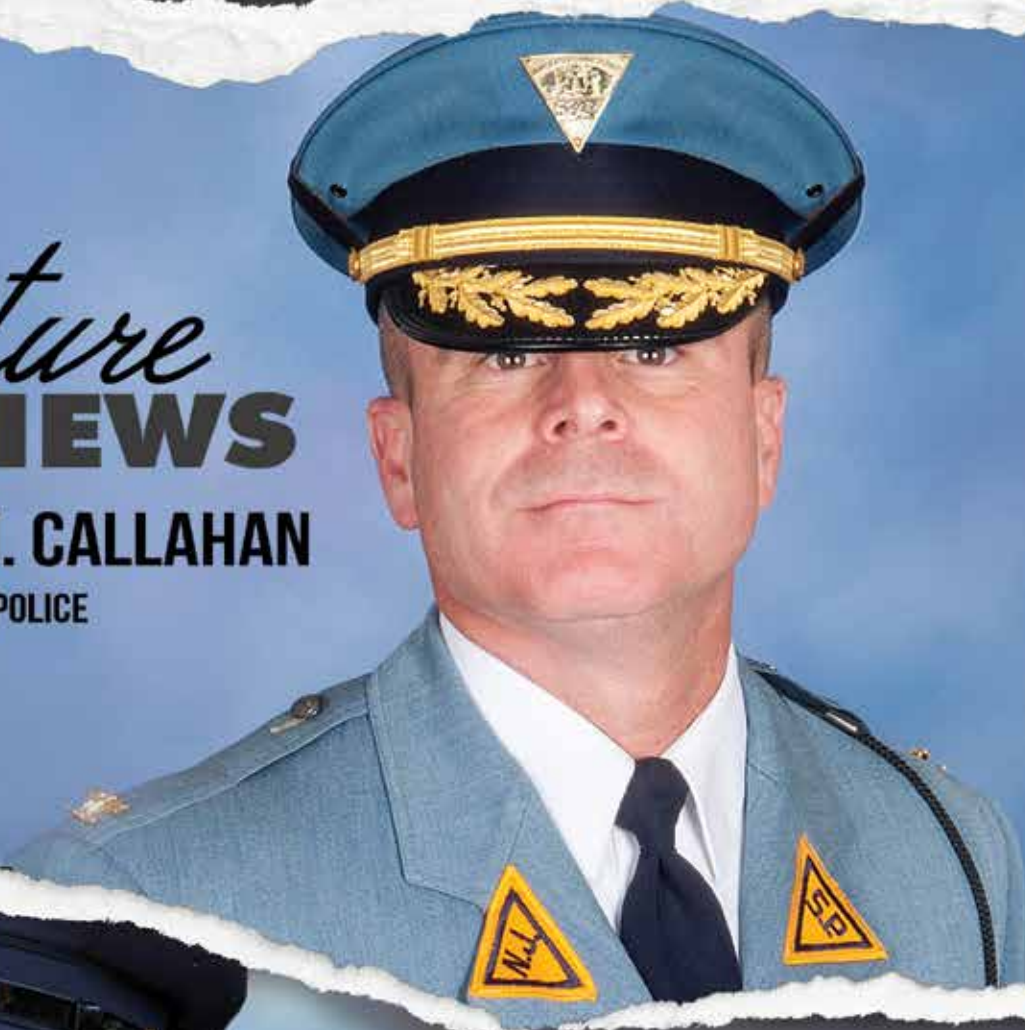
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***"I ENCOURAGE EVERYONE TO COME TO MEDWELL.  
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Recently we have seen things that many of us in law enforcement would not have predicted happening 15 years ago, such as some politicians and media pundits encouraging civilians to disrespect our profession. In recent past, I could not believe an attorney with many political ties made an ignorant statement on social media for all to read. She was responding to a local town hiring armed law enforcement officers to secure their schools. Her words: “Who is going to train them not to shoot black children first!?”

As you can see, even educated individuals say stupid things and make dumb mistakes. I try to stay optimistic, but I too have to fight very hard not to fall into this web of negativity--not just toward ignorant individuals who slander our profession, but our own brothers and sisters in Blue who today continue to divide us even more. Whether it's one of us making horrible mistakes that tarnish us, or more commonly many in our profession who choose to harass, gossip, slander and be negative to fellow officers. In the world we live in today, is it essential to add more stress and division to individuals you supposedly would take a bullet for? Really?

In my many years in law enforcement and from being the editor of this magazine, where I get to meet on a personal level many in our profession, I can honestly say I have learned more impactful lessons from individuals who no longer hold that big title or from those who never had it. As much as I respect many leaders in this profession, and there are some great ones, none of them are more important than any of you. This is why I respect leaders in law enforcement who are down to earth and care about the men and women they lead.

I hope many of you can evaluate all the barriers our profession will face in the future because I believe it will get worse before it gets better. We must start putting our negative perceptions aside and become more hands-on with the community--not by giving out free ice cream or making dance videos--but by being real pillars and good officers to the public we serve. At the same time, we must never encourage disrespect and allow anyone to intimidate us or set a tempo that will eventually have one of us killed. Leaders need to back their men and women not because it's politically favorable, but because it's the right thing to do.

I am glad many of you stood up against attacks toward us. I also hope you can stand up for many of our own who are hurting. We are adults and belong to a strong family where the thin line needs to get thicker. Blue suicide is occurring more and more, so be on high alert and be mindful anyone could be next. If you are going through rough times, please fight it and get help. No matter what you are facing, if you fight through it, things will get better.

Much love and respect to all of you and special thank you to NJ State Police Colonel Patrick Callahan and New York PBA President Pat Lynch for their interview this issue. Nothing but respect to the both of you.

Daniel Del Valle, Editor-in-Chief

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It's election season again, and many politicians are actively seeking our votes. The easiest way to decide whom to give our votes to is to support those who support us, and those who genuinely want to serve for the right purposes. We've seen over and over that many politicians are self-serving and after elections forget we exist. We must take note and vote accordingly.

Our current two-party system is broken. Sadly, on both sides, there's an "all or nothing" attitude with very little room for anyone who is intellectually honest and independent of thought. For example, we've reached a point where one cannot be a *true* Republican if they are pro-choice, and one cannot be a *true* Democrat if they are pro-life. And the list of examples goes on and on. This is a sad reality that makes many Americans uncomfortable, and in some cases, downright angry. Is it possible for an intellectually honest person to agree fundamentally with every individual position of their party's platform all the time? I suppose it's possible, but given that platforms are often the result of debate and compromise, I am doubtful.

If you're not sure what I am talking about, I challenge you to have a discussion with someone who is extremely liberal or extremely conservative. Chances are the discussions will turn into shouting matches and ruined relationships. There are American families who no longer speak because of differences in political opinion. This is particularly troubling because, as a moral principle, family comes before party. We can and must do better.

Another problem is that both parties have moved far to the extremes, where many in the middle feel like they don't matter. I believe this coming election will show how much they do matter.

Once again, we are packed with informative articles from the very best law enforcement voices across this great nation. Have a safe fall season. Be kind to each other and watch out for one another. Together, we are stronger.

Should you need us here at Blue Magazine, reach out. We are the number one law enforcement publication for a reason. We are in the trenches with you. Whether you are a rookie officer or a chief of police, you are equally important to us.

### \*\*\*Officer Needs Assistance\*\*\*

Our police chaplain and writer, Chris Amos (retired Norfolk police officer) needs our help. His son Seth, a Norfolk VA police officer, is in the fight of his life. As a 29-year-old health conscious and energetic officer, Seth was having difficulty breathing and went to the hospital, where he has been for weeks on life support due to a collapsed lung. The doctors are unsure what caused this medical mystery. I encourage everyone to pray for Seth and his family. I believe in a God of miracles. The Amos family has set up a GoFundMe page to help with the costs. Please donate at [www.gofundme.com/ykqkgy-fundraiser-for-officer-seth-amos](http://www.gofundme.com/ykqkgy-fundraiser-for-officer-seth-amos).

George Beck, Ph.D., Managing Editor

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# KAVANAUGH and the DEATH and DECLINE of DEMOCRACY

By Bernard B. Kerik

There are no truer, or frightening words than that spoken last week by retired Supreme Court Justice Anthony Kennedy, as he generally discussed the recent debacle involving Judge Brett Kavanaugh, without even mentioning him by name.

“Perhaps we didn’t do too good a job teaching the importance of preserving democracy,” and then he shockingly admitted that we will witness the “death and decline of democracy,” in this century.

As someone that has been targeted, tortured, and publicly, professionally and financially destroyed as the result of a presidential cabinet nomination, I could not agree more. Watching Judge Kavanaugh’s confirmation process not only reminded me of my own experience, but clearly demonstrated the brutality of a political process, which is just a small portion of what is ripping our democracy to shreds.

Judge Kavanaugh himself called the confirmation process a “national disgrace,” and he is right, but it is far worse than even he can imagine.

In the past two years, we have heard members at the highest levels of Democratic political leadership in our country call for young people to attack — verbally assault President Trump’s supporters, and then witnessed many such assaults.

We have witnessed members of the left wing socialist movement, Antifa, attack innocent civilians for nothing more than wearing a red MAGA baseball cap, and not one Democrat in Congress... many of whom were former U.S. Attorneys... has said a word.

Most responsible parents make every effort to teach their children manners, respect, and the rule of law, and then in the last decade or so, some of the most powerful politicians in our nation comes along,

and encourages our young to yell, scream, threaten, and attack others. I’ve watched young men and women get in the face of members of Congress and act like disrespectful spoiled brats — spitting, yelling, and screaming at the top of their lungs... their rhetoric making no sense, and worse, when questioned, they’re completely ignorant of true facts concerning the topic over which they were outraged.

There is no longer civilized debates or true political differences, and the nomination and confirmation process is an example of the change in our country. It has turned into a public political character assassination, in which the opposing party’s disdain or fear of the candidates, determines the level of attack, and to what extent they will go to destroy their target.

In Kavanaugh’s case, those on the left didn’t even have the common sense or decency to wait for a nominee to be announced, before saying that they oppose the president’s choice, and that they would vote not to confirm the president’s nominee, no matter who is was, exposing the realization that this Kavanaugh circus has nothing to do with the betterment of this country, and that it’s all about politics and their party.

Kavanaugh was right... his confirmation process is a national disgrace, and these recent hearings were meant to do nothing more than degrade, demoralize, demean, and destroy him and his family, and push him to withdraw his nomination.

This is a guy that has served in public office for 26 years, and been the subject of a “full-field” FBI investigation every single time he was hired or appointed to a new government position, and not once, had anyone ever heard of, or mentioned anything about sexual misconduct, until Senate Minority Leader Chuck Schumer (D-

NY) announced he would oppose “Judge Kavanaugh’s nomination with everything” he has, signaling the Democratic Congress to do “everything” possible to derail this nomination... and that was before any of them had actually even met with Kavanaugh yet.

What I find so ironic, is that *not one* of those Democrats that have screamed the loudest in opposition of Kavanaugh, would ever pass and/or withstand the equivalent FBI scrutiny that Kavanaugh has undergone on six occasions.

Kavanaugh’s nomination process is a national disgrace, but it’s Justice Kennedy’s words, for us to beware. We are witnessing the death and decline of our democracy, and those to supporting this new socialist movement by many in the Democratic Party, are too ignorant to realize what that means, long term.

The real question now: Is it too late to do anything about it? 🌐

(Article courtesy of Newsmax)

As New York City’s 40th Police Commissioner, Bernard Kerik was in command of the NYPD on September 11, 2001, and responsible for the city’s response, rescue, recovery, and the investigative efforts of the most substantial terror attack in world history. His 35-year career has been recognized in more than 100 awards for meritorious and heroic service, including a presidential commendation for heroism by President Ronald Reagan, two Distinguished Service Awards from the U.S. Department of Homeland Security, The Ellis Island Medal of Honor, and an appointment as Honorary Commander of the Most Excellent Order of the British Empire by Her Majesty Queen Elizabeth II.



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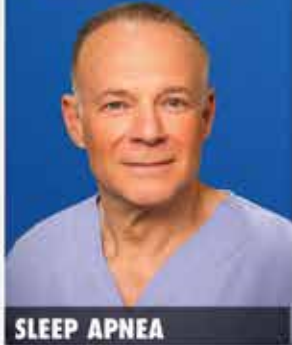
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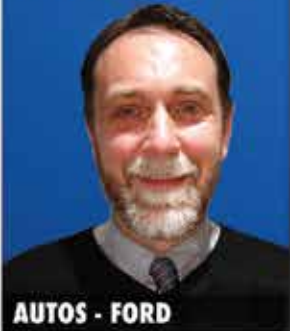
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# 2018: Making a truce with ILLEGALITY and VIOLENCE?

By Joel E. Gordon

**O**n February 14, 2018, a gunman opened fire at Marjory Stoneman Douglas High School in Parkland, Florida, killing seventeen students and staff members and injuring seventeen others. The shooter was known to all in the system, yet all failed to derail the future killer's deadly track. Protests ensued, and the emphasis on gun restrictions and control was front and center.

People began raising concerns about Cruz as early as age nine when he got in a rock-throwing fight with another boy. As he became a teenager, he showed a propensity for violence toward small animals, expressed enthusiasm about guns and knives and even began introducing himself as "a school shooter" according to reports published in the USA Today newspaper.

Deputies with the Broward County Sheriff's Office were alerted to Cruz's behavior many times over the years--they have released details of numerous calls to the Cruz home--and two deputies are now under internal investigation for their handling of his case. Even the FBI received two tips about Cruz and the potential threat

he posed to schools, but the bureau never chased the leads far enough.

Since that time, have we continually failed to make progress in identifying and preventing individuals with a propensity toward possibly being the next active shooter to carry out their goal to kill?

## Just this past summer alone:

- It is ascertained and alleged that starving children were being trained to become active school shooters in a Muslim compound on U.S. soil. A New Mexico judge denied prosecutors' request that the five defendants be held without bond because the standards required for denying bail under state law had not been met on the state charges. (The FBI ultimately stepped up and arrested all five New Mexico compound suspects; days after multiple state charges were dropped entirely. The suspects were charged with violating federal firearms and conspiracy laws).
- The suspect in the Jacksonville mass shooting lawfully purchased two guns from a licensed dealer in Maryland. Investigators stated that he bought the firearms approximately two weeks before the shooting. Court records also showed the murderer had been previously hospitalized for mental illness. Officials noted that the gunman had a .45 caliber gun and a 9-mm gun in his possession, one of which was used to kill two participants in a video gaming competition and resulting to injuries to eleven others before the gunman killed himself.
- A man was reportedly accused of being heard saying that he wanted to kill everyone during a class at West Virginia University. He allegedly said he wanted to get a gun and shoot people in a class at the Health Science Center at West Virginia University. According to a criminal complaint, the student said, "I honestly feel like going home and getting my gun and killing everybody," and, "I seriously

just feel like doing a mass shooting." The complaint says that two victims notified police that they were afraid and believed he was serious. West Virginia criminal code says making terroristic threats can be punished, if found guilty, with one to three years in prison and possibly a fine of \$5,000 to \$25,000. The Morgantown West Virginia Dominion Post newspaper reported that the accused was arraigned in Monongalia County and was merely released on \$50,000 bond pending trial.

Many other examples unfortunately surely exist throughout the United States, where warning signs are ignored, left under-investigated or not taken seriously enough on local, state or federal levels. The point being, this is not strictly a gun problem or a law enforcement problem needing a reactive response.

As it's been often said, if it's predictable, it's preventable. We must never become so complacent and desensitized so as to, in effect, make a truce with and become accepting of illegal or violent acts. We as a society need to insist that our lawmakers, mental health professionals and judicial partners do what is necessary to assist law enforcement in proactive prevention of such incidents through better identification, detention and treatment for those who would cause us harm by any means. 🌐

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



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# UPHOLDING the LEGACY of 9/11

By Demetrick Pennie, M.A., Ed.D.



**O**n September 11, 2001, the landscape of American liberty changed forever when 19 al-Qaeda terrorists conspired to hijack and carry out synchronous airplane attacks across the United States. The terrorist attacks resulted in the deaths of nearly 3000 citizens and set in motion a series of events that would eventually lead to greater homeland security vulnerabilities.

The 9/11 attacks exposed implicit vulnerabilities in our existing homeland security infrastructure. Many of the liabilities were facilitated by distorted perceptions of safety, complacency and enforcement policy limitations. Based on this revelation, the United States government sought to develop more effective ways to combat terrorism on American soil by enacting a series of policies aimed at protecting its homeland security interests— the policies were outlined the Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism Act of 2001, formally known as the U.S. Patriot Act. In summary, the Patriot Act was designed to achieve three specific objectives: 1) streamline coordination among intelligence agencies and lift restrictions on communications surveillance; 2) to enhance penalties for entities that enable terrorism; and 3) to provide law enforcement agencies with augmented tools and directives to aid in combating financial counterfeiting and money laundering schemes that fund terrorism.

At the time, the introduction of the Patriot Act was the first time in three decades that the United States government sought to augment its counter-terrorism measures. When the Patriot Act was finally enacted, civil liberties groups challenged the constitutionality of many of its provisions, which resulted in the courts striking down provisions of the legislation perceived as “intrusive surveillance” such as the FBI demanding information from Internet service providers without judicial oversight or public review. Despite political acceptance

of the remainder of the policy, no one could have even imagined that nearly two decades later, many of the same controversies that the fueled scrutiny surrounding the Patriot Act would re-emerge and haunt American homeland security today. Theoretically, it was perceived that certain intrusions offered under the Patriot Act overstepped government limitations and violated the rights of individuals, despite the policy’s legal presumption of only addressing terrorists. Nevertheless, in the overturning of the provisions, it was apparent that the courts did not take into account that terrorists do not play by our rules. Nearly 16 years after the passage of the Patriot Act, our government still finds itself two steps behind the terrorist groups. In fact, the advent of social media – Facebook, Google and Twitter has made the ability to combat terrorism extremely difficult for American law enforcement, especially considering that all of the platforms provide material support for terrorism in violation of the Patriot Act by allowing groups to recruit, radicalize and fund their terrorist networks without restriction.

While it is imperative that we reflect and honor the sacrifices of the citizens who perished on 9/11, we must also take a hard look at our current state of homeland security and impending risks to reconcile existing vulnerabilities in our system to avoid the potential of a future attack. For more than a decade, the United States has focused on fighting “brick and mortar” wars in Afghanistan, Iraq and Syria, spending more than \$1.5 trillion on maintaining a presence in the region. Consequently, the terrorists have modified their strategies and are now weaponizing social media to facilitate their clandestine efforts against us here at home. Although this fact has been made widely known to many of our political leaders, we still have failed in our ability to mitigate the outcomes of impending terrorist threats due to political tribalism and distorted perceptions of civil liberties.

It should also be noted that in years

after 9/11, in practice, we’ve convinced the American public that we are safer today than ever before; however, based on the tragic outcomes of other domestic attacks over the years and our inability to safeguard critical assets, that premise is far from the truth. Until recently, many citizens believed that it was virtually impossible for a plane to be commandeered for nefarious purposes after 9/11 because of the numerous security measures implemented at all U.S. airports. However, after a suicidal airline employee stole a commercial airplane from Sea Tac International Airport in Seattle, Washington and crashed it on a remote island in August of 2018, our consciousness about terrorism and associated homeland security risks have been significantly heightened.

In conclusion, as we memorialize the 17th anniversary of September 11th, we must continue to reflect on the vulnerable state of our homeland and cyber security and pressure our political leaders to do more to protect our homeland security interests, so that the tragic losses of the 9/11 victims will never be in vain. Because of the lessons learned after the 9/11 attack, we must now be proactive in our ability to counter terrorist aggression by: not being complacent, understanding relative laws, allocating appropriate resources to combating terrorism, regulating social media and working collectively with law enforcement to defend our great nation from foreign and domestic threats. 🌐

*Demetrick Pennie, Ed.D., is a 19-year veteran Dallas police sergeant. He is the president of the Dallas Fallen Officer Foundation and the executive director of the Texas Fallen Officer Foundation. He is nationally recognized as a law enforcement advocate. He is a Doctor of Education and has facilitated college courses on the following topics: Terrorism, Ethics, Criminal Law and Justice, and Cultural Diversity.*



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# NYPD PBA PRESIDENT PATRICK LYNCH

By Daniel Del Valle & George Beck, Ph.D.

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**T**his feature interview with New York Police Department PBA President Patrick Lynch is a hard-hitting assessment of the current status of policing in the largest police department in America, and the unfortunate disconnect with the politicians who neither care to compensate the police for their work or allow them to do their jobs. President Lynch has a reputation for steadfast support for the officers he represents and for calling out politicians and other opportunists when they marginalize the professionalism of the men and women in uniform who risk their lives every day to maintain the safety and security of the community. Blue Magazine thanks President Lynch for his efforts. We support the NYPD officers and hope they are compensated fairly for their labor. They deserve every bit of it.

**The Blue Magazine: Do you believe there is a Ferguson effect on cops today?**

**Patrick Lynch:** In New York City, police officers haven't stopped responding to crimes or emergencies or helping people in distress. And we won't stop -- it's why we took this job. But our city leaders have enacted many policies that take away the discretion and legal tools we need to do our job. They have sent a clear message that proactive policing is not the number one priority. That not only makes it harder to clear conditions before they become serious crime, but it has caused routine encounters to escalate too quickly into confrontations where people believe that they have a right to resist arrest. Cops across the country are facing this same struggle, and it is a clear disincentive.

**Why do you believe there's an increase in assassinations of cops?**

In recent elections, many politicians have tried to whip up votes by demonizing the police. Then they passed laws that handcuff

police officers and encourage the public to view them as the enemy. They don't seem to think their words and actions have any consequences, and they are wrong. They have created the hostile environment we face on the street, and that environment and anti-police rhetoric encourages those who are looking to hurt cops. That's why our fellow officers Rafael Ramos, Wenjian Liu and Miosotis Familia were assassinated here in New York for no other reason than because they wore blue. We saw it again in Dallas, and again in Baton Rouge, and other locations across the country.

**How would you describe the relationship between the officers and the mayor and other politicians currently in power?**

Obviously this mayor and his anti-police attitudes are a big part of the negative environment we're talking about. But he has been just as bad on labor issues and paying

police officers fairly. We are without a contract for over a year, and all we get from the mayor's team are unreasonable demands and delaying tactics. He has been terrible for city workers overall. He claims to be a progressive "friend of the working man," but he has given out lower raises than either Giuliani or Bloomberg during the same period. And those raises have been below the inflation rate, so labor is regressing salary-wise. How is that progressive?

**How has New York City changed since the Giuliani 1994-2002 era, where it saw its biggest crime reduction compared to management today under Mayor De Blasio?**

This mayor and city council have normalized criminal behavior, and that's allowing quality of life to slip backward. Pot smoking, public urination, disorderly conduct have all been virtually decriminalized, but that hasn't stopped the public from calling to complain about them. Now, you're starting to see more serious crime creep back up in parts of the city. We aren't back to the 1980s yet and we won't get there overnight, but the longer the slide goes on, the harder it will be for us to turn the ship around.

**We see in the media that cops are being harassed and met with an unbelievable amount of disrespect toward them. What do you believe has happened to society today?**

It all starts with the environment that the politicians and elected officials have created. When they decriminalized disorderly behavior, when the demonized and handcuffed police officers, what did they think was going to happen? Did they think any of that was going to create respect for police officers or for the law?

**How can we prevent that type of stuff?**

As I said before, our elected leaders have put handcuffs on police officers. It's time to take the cuffs off the cops and put them where they belong: on the people who are creating chaos on the streets. The only way to undo that damage is teach respect for police in our classrooms. Children have a unique ability to carry a message back to their homes, and bringing respect for law enforcement would resolve many other

problems we see today.

**How do you feel cops react to body cameras now, and how do you think it will help rather than hurt cops?**

Cameras of all kinds are a fact of life for police officers today – body cameras, security cameras, and the phone cameras that every single person is now carrying. We have to assume we're being recorded at all times. But with body cameras, the big question is who should have access to this footage. In New York State, the law protects the footage from public disclosure without a court order, but the city has tried to use it as a political PR tool by arbitrarily releasing some videos and not others. We're currently suing over that practice and won an injunction to block any further release of the videos. The real lesson that has been learned from body cams so far is that the police do their jobs professionally under extremely difficult circumstances. It begs the question: Why do we need the cameras when we can use the extraordinary amount of money to support them to hire more cops?

**Should police be more aggressive toward disrespect in which there are laws broken, such as disorderly conduct,**

**blocking vehicular traffic, etc. in order to hold them accountable so it does not embolden other people to lawlessness?**

It's not just about being aggressive – it's about restoring the tools that allow police officers to use their professional judgment to do the job effectively. What we saw in the past was a numbers game, where cops were pressured to produce "activity" for its own sake. We were the first police union to warn that the quest for numbers was driving a wedge between cops and the community. But rather than allowing police officers the discretion to use a specific legal tool when necessary, they've taken those tools away. That is what has emboldened criminals and encouraged lawlessness.

**How do you get the mayor to better understand a cop's job so he can help and give them permission to do their job effectively?**

He clearly needs a history lesson on what this city looked like 20 or 30 years ago. When I was on patrol in the 90 Precinct in Williamsburg, Brooklyn in the '80s & '90s, I remember standing over a DOA on a specific street corner, with nothing but drug houses and abandoned buildings all

*(Continued on page 22)*



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around me. Today, that same street corner has restaurants and hipster night spots, surrounded by luxury high-rises. Back then, you couldn't have paid me to live on that corner. Today, a cop can't afford a studio apartment in the neighborhood and can barely afford to settle down and start a family anywhere in the city that we protect. That transformation didn't just magically happen – it happened because New York City police officers had the tools necessary to take care of the drug houses and put away the killers who were leaving bodies on the sidewalk. Now, a police officer facing the same problems can't do the job because politicians have emptied the officer's tool box, and that puts the officer and neighborhood at risk.

**The New York City Police Department is the largest, most diverse and dangerous department in the nation. How is it that their pay doesn't reflect this?**

Effectively, everyone benefited from New York City police officers' work to turn this city around during the last two decades. That is, everyone but the cops. While we were busy transforming the city in the 1990s, Mayor Giuliani stuck us with two and a half years with zero raises. During that time, other departments were consistently getting modest raises, leaving our pay in the dust. We've made great strides in recent years, but we are still not being paid a

market rate of pay. NYC police officers have one of the toughest jobs in the country, in one of the most challenging, densely populated urban environments in America. I believe we should be the highest paid in the nation as we once were. Despite the success we have had in reducing crime and revitalizing the city's economy, this mayor, who pretends to be supportive of labor, still wants our members to take zeroes in our contract. We will not accept that.

**Do you believe that their salary has an impact on the ability of cops to be more proactive and preemptive?**

It's a disincentive for them to come on our job in the first place, or to stick around once they get here. Last year, the number of resignations from the NYPD hit a six-year high. Many of who resign are headed to other police departments in the NYC area or even other law enforcement agencies that operate within the five boroughs. The pay disparities are just that great.

**Where do you see New York City 10 years from now if you have an administration like you have today?**

If that happens, we will be back to the bad old days and politicians would have



squandered all of the hard work the NYPD has done in the past 20 plus years. And those elected officials who caused the backslide will have moved on, leaving the good people of this city and its police officers holding the bag.

**What message can you give, not only to your men and women but all officers who feel that it's harder to be a cop today because of politics and the media bashing them?**

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# BACKPACKS

*for Life*

By Michael D. Boll

About two years ago I met my friend Brett D'Alessandro, the founder of Backpacks For Life. He immediately amazed me with his commitment to helping disabled and homeless veterans throughout the country. I was genuinely inspired by his deep passion for spending nearly every hour with his incredible charity. Almost instantly, we agreed to join forces and work together on countless disabled veteran projects and events. D'Alessandro's work has been astonishing, and I am honored to be able to work alongside this highly motivated and dedicated Marine.



Backpacks For Life is a nonprofit organization that serves the homeless and those at risk in the veteran community. D'Alessandro served six years with the United States Marine Corps. When D'Alessandro returned home from a deployment to Afghanistan, he figured his battles were over with, but he immediately felt the effects of not knowing how to transition his military skills to the civilian world. While dealing with anxiety, PTSD and depression, D'Alessandro was in and out of doctor's offices, hospitals and proce-

dures, searching for an answer. Something as simple as scheduling an appointment for a haircut and getting to that appointment resulted in extensive amounts of anxiety for D'Alessandro. It is simple, easy day-to-day tasks which we all take for granted that present the most challenges to our veterans. It wasn't until after much struggle that D'Alessandro was able to find the proper PTSD military treatment center that would help put him back on track. D'Alessandro was determined not to rely on medication and to put his efforts into holistic healing approaches. D'Alessandro has taken his worst moments and turned them into good deeds through his work with Backpacks For Life. He uses his struggles to guide veterans down a path toward recovery and success.



Backpacks For Life has evolved since it began in 2014. Much of the foundation's mission lies in the physical distribution of backpacks to homeless veterans. For most veterans, it is their mobile home, and their only belongings are inside it. After not



being fully satisfied with the backpacks that they purchased for the veterans, D'Alessandro and his team decided to take on the task of designing and engineering a backpack specifically for a homeless veteran. The backpack has various features including a locking cable, an accordion-style sleep mat, and durable water-resistant materials to ensure that these backpacks are suited for our veterans who are without permanent shelter. With a prototype in hand, the Backpacks For Life team will be launching a Kickstarter campaign to fund the initial production of the backpack on Nov. 6, 2018. The backpack will be made in the USA and productions will be run by military veterans transitioning from active duty into the civilian world. These veterans will get hands-on experience, training at the manufacturing facility and obtaining jobs where they are building backpacks for our homeless veterans. 🌐

*www.backpacksforlife.org*  
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Michael D. Boll is a police sergeant at the Union Police Department in NJ. He is currently in his 23rd year of law enforcement service. He previously served as a United States Marine, and is a Gulf War veteran. He is the founder of Operation Rebound Racing Team, a nonprofit organization that helps wounded veterans and first responders enjoy a better quality of life.



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# COVER STORY

## COLONEL PATRICK J. CALLAHAN NEW JERSEY STATE POLICE

By Daniel Del Valle, George Beck, Ph.D. and Anthony Ceravolo

*The Blue Magazine recently sat down with New Jersey State Police Superintendent, Colonel Patrick J. Callahan. In this uncensored interview, you will hear directly from the new leader of the NJ State Police. Colonel Callahan is a man on the move with many ambitions and goals. He truly cares for the men and women of the State Police and his leadership is straightforward and impressive. Blue Magazine thanks Colonel Callahan and the New Jersey State Police.*



Courtesy of NJ State Police

### **The Blue Magazine: What is your vision as it relates to the New Jersey State Police? Where do you want to take this agency?**

**Colonel Callahan:** I think the New Jersey State Police is viewed as one of the premier law enforcement agencies in the country, which is a special place to be. As I often have said, we didn't get here by accident. We got here because of the work of the men and women, and certainly, the leadership of Colonel Fuentes was critical in that reputation. We're coming up on our 100th anniversary in a couple of years, in 2021 and my vision, although broad, is always to leave it better than I found it. And I found it in pretty good condition. I think we need to continue to be viewed as one of those premiere law enforcement agencies that when people are struggling and other agencies are struggling with a challenge and they say what's the New Jersey State Police doing about it? And we're able to provide them an answer and make their agencies better.

### **You are the son of a Major. How important is it for the men and women troopers that their leader comes from among them?**

I think it's critical that the superintendent and colonel come from within the New Jersey State Police because there's an understanding of the culture, there's an understanding in the processes, as I like to say. I think being a road trooper was the best part of my career and don't forget where I came from and that's a road trooper. I think for an outsider to come in and be appointed in that regard, if we say don't forget where you

came from, the vast majority of the troopers are going to say, "Well he or she didn't come from here." I think it will be a tough transition to carry on being the Colonel having not been in the New Jersey State Police. Not to say that there are not phenomenal directors and people who couldn't do this role. I just think they would be up to some serious challenges with regard to the acceptance of the men and women. My father retired as a Major after serving 29 years in the State Police and my grandfather was a Linden police officer for 32 years. So, I can never remember anything other than wanting to be a New Jersey trooper. To sit here today in this role, it's surreal, humbling, and certainly an honor.

### **What are you doing now to promote diversity within this organization?**

It's a daily conversation for us. The Attorney General recently implemented an inclusion and diversity plan which all the divisions within the Department of Law and Public Safety are implementing plans. We're probably light years ahead of the other Divisions in our Department not only because of the consent decree, but also because of our association and relationship with the NAACP. We meet almost monthly with the NAACP. Our challenge in this day and age is getting qualified minority candidates to apply at the front end. In our last selection process, we only had 13% of those who applied of 10,000 were black male candidates. Ten percent took the written exam, that left nine percent to go into the academy and although we had only five resign from the

academy. When you start with only 13%, you're never going to be able to have those diverse numbers that represent the demographics of New Jersey. It's important to the public to be served by the people they can relate to, certainly from an ethnic background, even with regards to gender. We struggle with recruiting women and our female representation is low and we can certainly make improvements in this area. Overall, I think we do a great job with minority recruiting. This demographics of our last State Police class was 60% caucasian and 40% minority. The 151st class, I think was 51% minority a few years back, so we're doing okay, but there's always room for improvement. Our recruiting efforts include but aren't limited to: social media, colleges, and college sports teams. We just need to focus on a very targeted recruitment strategy. So, at that front end when we say the State Police is opening up a process, our goal is to have qualified and diverse men and women that reflect the people in the State of New Jersey.

### **What's the strategy breaking down that wall?**

I think it starts early. I think maybe even elementary school and middle school. If we're waiting until high school to try and connect with the youth in our communities, we may have missed the mark. I think those children and students in those communities need to see law enforcement as coaches, Sunday school teachers, mothers, fathers, and they all have to put in an effort that I call, humanizing the badge. They have to see us as part of their community.

It kills me to hear that somebody won't call 9-1-1 because they don't want the police to show up. That mindset is realistic in some communities and even in some families.

### **We hear young troopers are leaving for municipal jobs and county jobs that are paying higher. What do you do about that?**

I think back to the time when the State Police was the pinnacle of law enforcement and "The Triangle" could hold you here. I don't think that's the case anymore. People have families and people have mortgages, and other financial obligations. Certainly, the salary freeze that's been in place for the past 4 ½ years hurts us not only on a recruiting standpoint but certainly on a retention standpoint. When you're promised X when you come out of the academy, and that doesn't happen, it's tough to keep men and women motivated especially in the line of work that they do. When troopers don't start seeing their paycheck go up, it's tough when you're trying to keep morale up, which sometimes has a tendency to hover around ankle high. But none of us took this job to be rich or to be wealthy. But they should be compensated appropriately. I do think a contract, a fair contract would help us retain and help us recruit. It's hard for a trooper making 70,000 dollars to turn down 130,000 dollars for a job going to a county prosecutor's office or a town. I can't blame them for leaving, but I won't beg them to stay. I think somewhere down the line they may regret that decision to leave, but again it's a reality. We have lost 21 in

the last two years--troopers with fewer than four years that have gone to other law enforcement agencies. 80% of them have been minority troopers. So to fall back on our talk of minority recruitment, we invest a lot of time and energy and hours in minority recruitment to have 80% of those 21 be minorities, it's tough, it's a challenge for us, we're trying to combat daily.

### **You are the new director of emergency management for the state, is there anything you would like to change in this new position? What are you doing to prepare for the next catastrophic event?**

Emergency management is something that's near and dear to my heart. I was not in emergency management until shortly after Sandy made a left turn into the State of New Jersey. I think it changed the course of my career. It was a catastrophic event, but it allowed me the opportunity to work with the governor's office--to work with our partners in emergency management and FEMA, and to build what is now the recovery bureau, which before Sandy it was a couple of people, now it's approximately 50 plus people. The experience of trying to get New Jersey back to some sense of normalcy was an invaluable challenge for me.

As far as change goes, I think we could do better. I think we need to set actual criteria for emergency managers. In some towns, the mayor may just make a police chief or just appoint somebody that they think can do the job. But it's too critical of a position to just throw in a friend in that po-

sition. I think we need to have professional certified emergency managers at all levels to ensure the safety of the citizens we serve. I think across the board we do a pretty good job at that, but I think we can do better and ensure that those emergency managers are really on top of their game. I used to say to the mayors when I had the chance to talk and listen, if you're getting to know your emergency manager when a storm is making landfall, you have a serious problem on your hands.

### **How is the State Police responding to the opioid crisis that's claiming the lives of many, many people of all ages?**

It's a multiple pronged approach. I think we have an Attorney General that took a good approach when he was the Bergen County Prosecutor. It's been often said by a lot more people other than me, we will not arrest ourselves out of this opioid epidemic. We are on track to lose 70,000 people in the United States this year from accidental overdoses. That to me is a shocking number and evidence of how devastating this epidemic is.

### **Does every trooper have Narcan?**

Yes, every trooper has Narcan, I have it in my car. I think that we need to look at recovery. The Attorney General had started a program called Operation Helping Hands knowing that they were going to go out and do a sweep they had beds lined up at hospitals. They have recovery coaches there in the station where they were being processed. Not that the people weren't going to be charged with possession of heroin, they were going to leave from there green sheeted, but they were going to leave there with that resource if they chose to use it. The goal was when they went to be sentenced for, six months later, they were still going to be clean, and the prosecutor's office can pass that information up to the judge, and hope for a lenient sentence. I think the numbers he had in Bergen almost 40 to 50% of those were still clean six months after being arrested. To me, if you saved one life, you've saved a family from that tragedy of dealing with that accidental overdose.

### **What can be done to combat this suicide among law enforcement officers?**

It starts with the conversation and not



Courtesy of NJ State Police

being afraid to have the discussion. An officer or trooper that's mentally not healthy is not going to serve the public well. It's the stigmatism of worrying about being depressed or not feeling right; that's what we have to break down. And that's not easy to do in any profession, certainly not in law enforcement with Type A personalities, the big and tough, and "we can handle it" attitudes, but it's things that we're exposed to in our day to day jobs that we cannot control. Whether it's death, a tragic event, or domestic violence, it can all wear on you. After a trooper committed suicide last year, last November we started the Office of Peer Advocacy with the hopes of making it okay for troopers to talk about how they are doing. I say it's not a rhetorical question, when we say how are you doing? I don't want to only hear okay. I think it's important for troopers that work with other troopers to know if they are in a squad with 10 troopers, and one is struggling with let's say alcoholism, I think we need to give those troopers and squad mates the permission to talk about their friend because sometimes without that you're sometimes seen as a traitor and now internal affairs is involved. Again, it's a tough culture, but if we are really trying to save people from themselves, we have to have that conversation, we have to have the resources in place for troopers to go and sit down and talk about it, while working through counseling and whatever other means we can have in order to make sure that they can go about their day-to-day routine and serve the public

without bringing their baggage and issues to the interaction.

**What would you tell the officer right now who would read this interview and have an issue and is contemplating suicide? What would you tell them if they read this paragraph what would it be?**

No problem is insurmountable and I know that's not easy when you're in that dark place. When you're struggling with whatever it is and you can fill in the blank with whatever your problems may be or have been. This network of help is not only with the law enforcement family but also with the resources that we have out there; again the contemplation of suicide is just that; it's a permanent solution to a temporary prob-

lem and we want the individuals struggling to understand that.

**What happens if I go to the Colonel and I say, Colonel, I have a problem?**

I think my commitment to being out there for the troopers as often as possible, whether at a station visit or on patrol is important. Last year, I spoke at every single in-service for seven weeks in a row. I was getting up and driving from Warren County and standing there and talking to them about this issue among others. I admitted when I needed to talk to someone and called our Employees Assistance Program Director, Jim Nestor. I was stressed out when my wife was in Haiti during the earthquake and I also had a family member was strug-



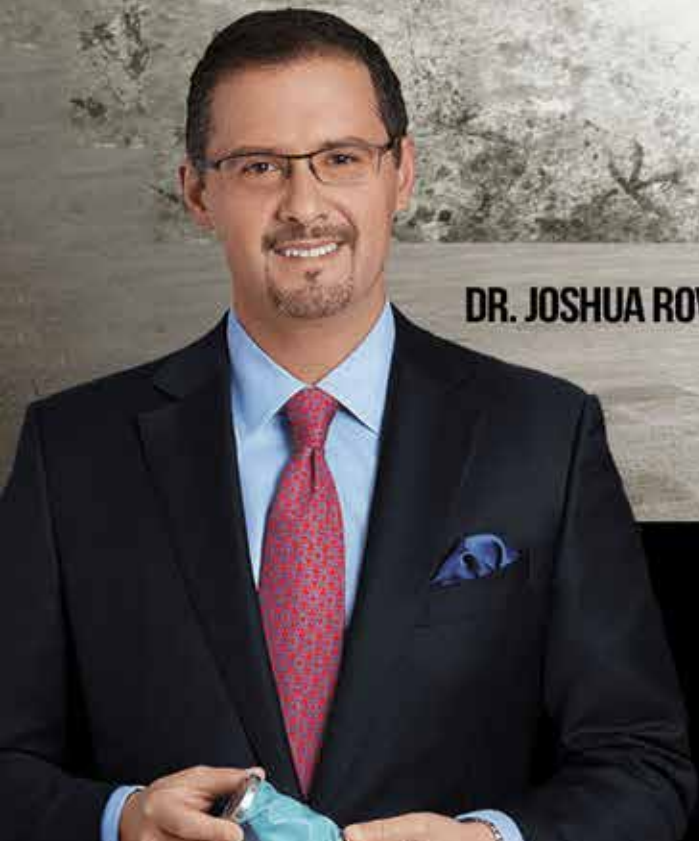
gling with mental illness. These were stressful issues that I was exposed to and I let the 2,800 men and women in the State Police know that I picked up the phone and I had Jim Nestor on speed dial. Jim helped coach me through what I was feeling and why.

Troopers can certainly call me and there are a lot of troops out there that have my cellphone number. When it comes to that chain of command, I want to be approachable and make these certain exceptions. I let these troopers know that I am here for them, including the trooper who just was in the hospital this week because we are family. I think they need to know that they can call me, they can call peer advocacy, they can call a counselor, and that's not going to end their job. If they pick up

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their gun and get to that decision point and commit suicide, that's it, I tell them that is a permanent solution to a temporary problem. My exposure to suicide over the last couple of years here with troopers killing themselves is a tragedy. I do think it's always preventable and that's the other hard part, you know, if only they had picked up the phone, we never saw it coming. I think the troopers know that they can call and they can knock on this door. This door is never closed, literally or figuratively, but I think it's important that they know that everyone struggles with stressful issues and they should never hesitate to pick up the phone.

### **Can you speak directly to the road trooper and the officer on the streets, what's your message to them?**

I think as law enforcement I talk about that in the broadest terms because something that happens in Seattle, Washington might as well happen here. When an officer gets arrested, charged with a crime or indicted, that's an indictment of all of us, it's a broad brush and people won't hesitate to paint us with that broad brush, that's what I say about winning every interaction, whether you're a cop out in the street in Newark, whether you're in Millville, whether you're in Atlantic City, whether you're a trooper on the Turnpike, we have to win every interaction. And I mean that in the way we treat people with respect and dignity. Commissioner Ramsey from Philly used to say it the best. Some folks come into

this world with next to nothing. They were kind of born with two strikes against them, maybe from an economic standpoint, broken family, the one thing that they have is their dignity and if you try to take it from them, they're going to fight you for it, as they should, but don't ever try to take anybody's dignity. You can lock people up with heroin or guns and who have broken the law, but you must treat them with respect.

### **What's the greatest threat law enforcement faces today?**

The greatest threat is probably lack of trust, I would say. That's tough to overcome. When a law enforcement officer gets arrested, that's a story because we're held to a higher standard, and we should be held to a higher standard. At the last state police graduation, I said, "embrace the scrutiny." I think we need to embrace it and understand that when we raise our right hand and say I'll do this to the best of my ability, then that's going to come with some additional scrutiny being embraced because of what I talked about earlier. Your whole town knows you're a trooper and if you get locked up for shoplifting, or you get locked up for DWI, it's a trooper who got locked up for DWI.

### **Who are you when you get out of this uniform, and you're home, who is the Colonel?**

I am, I think first and foremost,

a firm believer in God. I am passionate about mission. I'm passionate about helping people who just because of where they were born into circumstances that they cannot change. I do think, whether I'm in this uniform or I'm out of it that we're tasked with serving as the hands and feet of God.. I think service is who I am about not only as a trooper, but as someone who knows that there are people out there in need. I consider myself someone who's been given much and as the verse says, much is then required of me. There's a lot of people out there who need to know they are cared for. When I go home at the end of the day and take this uniform off, I mow my own lawn, I vacuum my own pool, I care about my neighbors, whether they are the ones right next door to me, or whether they are halfway around the world.

### **Eventually you'll move on as everybody that has come before you, therefore, what do you want your legacy to be?**

I want to be known as a Jersey trooper. I say it often. I never get caught up about insignias being pinned on shoulders. I understand we're a paramilitary organization, I totally understand that, but when people ask me what I did for a living when I'm gone, I'm going to say I was a Jersey Trooper. I probably won't introduce myself as the former Colonel because saying I was a Jersey Trooper sums it up in the two simplest words. I am big on tradition. I am often asked about changing the uniform, that won't ever happen while I am serving in this role. I stand with those thousands of troopers that have come before me all the way back to the first Colonel who have proudly worn this uniform while serving the citizens of New Jersey. 🌐







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## RESPONSE TO

# Robert Wood Johnson Barnabas Health Executive

By BBO Staff Writer

Since forming in 2014, keeping in line with its core mission, Brothers Before Others has spent over \$200,000.00 simply sending flower arrangements to every law enforcement line of duty death service in America. To make it more clear for you: since 2014, 569 police officers have been killed in the line of duty. Many of those who were lost, were killed by gunfire; and in some of those cases, unprovoked and assassination-style. As an example: on July 7th, 2016, 5 Dallas area police officers were executed while protecting a protest march that, in large part, was protesting THEM. Let that sink in.

So on a day where 7 police officers were shot in Florence, SC, and one of them already confirmed deceased, the LAST thing that we in the law enforcement community should be required to be on guard for is unprovoked and biased comments; let alone comments of that nature coming from an alleged well respected leader of a gigantic New Jersey medical facility.

Welcome to the New United States of America.

In response to a NorthJersey.com article reporting the hiring of armed police officers in a Fair Lawn, NJ school, Robert Wood Johnson Barnabas Health Executive Vice President Michellene Davis had this to say via her personal Facebook page: "Who is going to train them not to shoot black children first?"

Not surprisingly, when Ms Davis' reckless comments were discovered, she attempted to take the tried and tested road of, "My account was hacked". She then recanted that attempt and, instead, offered a lukewarm and half-apology: "I want to publicly apologize for an extremely insensitive and offensive comment posted on Facebook. My concern for the safety of the schoolchildren and gun violence led me to react to a headline without thinking." She then goes on to reference family members of hers who are in law enforcement, as though that somehow makes her comments and clear bias 'ok'. In fact, Ms. Davis, the fact that you have law enforcement in your family and are STILL capable of this kind of knee-jerk

bias, makes it all the more disgusting.

As the head of a national law enforcement charity dedicated to the after care of families effected by line of duty deaths, BBO Founder/President Michael Burke was appalled. "On a day where 7 law enforcement officers were shot and one killed, I find it unfathomable that racially charged statements like these were so casually made. Clearly, this how Ms. Davis feels. Her regret is only because of the backlash and because she was 'caught'. We, as law enforcement, have had ENOUGH. We will no longer serve as punching bags for those in society whose only intention is to create chaos and hate that they then expect US to solve. Anything short of a resignation or termination in this case is unacceptable. We will respond with the same rights that every American has. Our voices speak not only for the active law enforcement, but also for those who have retired and for the families who have lost loved ones in the line of duty; the very same families whose loved ones and the memories of their loved ones are being disrespected and whose sacrifice is being diminished by these ignorant, uninformed and racist comments."

As Americans, no one disputes that we are free to feel and speak as we wish. In fact, it is that right alone that separates us from most of the worlds more oppressed nations. However, some-

where over time, we have lost the concept that, while we are free to speak as we wish and are protected from persecution because of our words, we are NOT protected from the consequences that may result. We chose our words carefully as functional adults in society because, our words DO have consequences; and balancing what we feel with what comes out of our mouths IS being an adult.



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Who is going to train them not to shoot black children first???

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So far, the collective administration of RWJ/Barnabas Health seems to be taking the standard wait-and-see approach as to where this leads. They are giving thoughtless answers such as, "The opinions of our employees do not reflect the opinions of all of RWJ/Barnabas". The casual manner in which they are responding is not surprising considering, based on her own title, Ms Davis has her hands in "Corporate Affairs". So, essentially, Ms Davis (or one of her staff) could be writing her own responses. Isn't that convenient?

The bottom line is this: We, as a society, either reject bias and racism at EVERY turn, or we accept it. The line has never been clearer. The kind of hate and bias that it takes to be able to articulate what Ms Davis did, does not just appear overnight. That kind of bias is a part of who an individual is, as a person,

and plays a part in the day to day decision making. If we are comfortable with someone who possesses that level of bias at her core overseeing critical medical care being provided to other human beings, then we, as a collective society, have simply given up.

No one cares for their communities like the American police officer. NO ONE. Society may throw their hands up and dismiss this as nonsense. But the law enforcement community will not. Michael Burke and the members of Brothers Before Others will not. "We will organize and mobilize PBA's, FOP's and all of our members to voice our opinions in a peaceful protest; a right that everyone, INCLUDING law enforcement officers, is entitled to. We call on all law enforcement leaders to publicly condemn these comments and call for the resignation of Ms Davis." 🌐

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# CULTURAL DIVERSITY in Our Schools

By Sgt. Anthony Espino



**M**any communities have become more culturally and ethnically diverse. This diversity has carried over into our public schools, which have been experiencing rapid growth in the number of students of color and culturally diverse students. The Census Bureau projects that by the year 2100, the U.S. minority population will become the majority, with non-Hispanic whites making up only 40% of the U.S. population. Given that statistic, there is no doubt that students will need to learn how to interact in a diverse environment.

## How can teachers effectively engage with students from diverse backgrounds?

Providing students with a culturally responsive learning environment can be a daunting task for teachers. Ninety percent of U.S. public school teachers are white; most grew up and attended school in middle-class, English-speaking, predominantly white communities and received their teacher preparation in mostly white colleges and universities. As per the Department of Education, since the 1987-1988 school year, educator diversity has seen a slight increase of five percentage points, from 13 percent to 18 percent. The proportion of African-American teachers decreased over that period, according to the department's report. Moreover, today, black male teachers make up a mere two percent of the workforce.

Having diverse teachers provides role models for all students in breaking down negative stereotypes and in preparing students to live and work in a multiracial society. Teachers are often a young immigrant's first contact with someone outside their home, community, and culture. This relationship can be essential in providing an emotional trust that can help a student adapt from their culture to their new country of residency. Offering a mix of creativity, cultural perception, and professional expertise, teachers can help these young students acquire language skills more rapidly, fostering inclusion in the school community.

Organizing classroom activities and lesson plans geared toward multicultural appreciation can help students feel comfortable and accepted. Displaying posters of different cultures and languages in the classroom can help promote an environment in which students from diverse backgrounds will feel more comfortable.

Many of these children are faced with obstacles before entering the school system, including language barriers. Many of their parents can't read or speak English, which makes it difficult for them to help their children completing classroom assignments. Financially, some of these families can't afford to provide their children with school supplies needed for the classroom. Many of these children feel out of place or scared. They're coming to a place that's much different from their cultural

and religious beliefs.

Parents, guardians and other family members are a crucial component in educating and preparing their children's future. They serve as role models, and this links them and society as a whole. Being active in their children's learning can help ease the tension, confusion, or frustration that may arise when children are trying to navigate cultural and language differences.

Providing materials in appropriate languages and offering professional and volunteering interpreting services can help to break down communication barriers for families and encourage them to be involved with their schools.

Cultural diversity provides our students with an opportunity to learn about other cultures, which in turn helps them to have a better understanding of how people from different backgrounds live. With this understanding, hopefully, they can gain a greater appreciation for cultural diversity. Every step toward racial equality is worth the effort. ●

*Sgt. Anthony Espino is a 19-year veteran police officer, assigned to the Patrol and Crime Prevention Unit. His passion is to lecture to community members, teachers, and students to promote awareness and offer tips to prevent crime and victimization.*



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## Senior Correction Officer FOUND GUILTY OF RAPE



By Julia Torres



Jason Mays



Brian Ambrose



Ahnwar Dixon



Thomas Sequine



Joel Herscap

Photo Source: Hunterdon County Prosecutor's Office

Unanimously established by Congress in 2003, the Prison Rape Elimination Act's (PREA) purpose was to "provide for the analysis of the incidence and effects of prison rape in Federal, State, and local institutions and to provide information, resources, recommendations and funding to protect individuals from prison rape." Additional mandates, standards, and audits were formulated to ensure that those who worked in the correctional field were held in compliance.

That is all well and good, but if this act is not adhered to in totality, our justice system will be defined as broken, a farce, and discriminatory; the incarcerated will reside in fear, presuming themselves void of any protection or rights; and the lawless will become empowered as the laws they are entrusted to enforce and the individuals they swore to protect are ignored.

Aside from asking why it took so long for PREA to be passed, one should also question if the victims who experience the heinous crime of rape in our correctional system are vindicated. The law states, after all, that a prisoner cannot provide consent. Therefore, any sexual contact between a staff member and an inmate is a crime. Yet, there are bad apples in the Department of Corrections, cynics who prey on the vulnerable, coerce the weak, threaten the helpless. Would we all agree that these actions are criminal? Do we still have naysayers in our society who opine that because one is incarcerated their lives are irrelevant?

Let's note the single New Jersey prison for females, the Edna Mahan Correctional Facility for Women. In February of this year, former inmates sat before lawmakers in a three-hour legislative hearing, testify-

ing of the egregious conditions they endured at Mahan. Courageous women spoke of witnessing fellow inmates being raped by correctional officers, and later going forward with the information despite fear of reprisal, only to have had the complaints fall on deaf ears.

Does one blame the in-house investigating officer, failed leadership, the Department of Corrections? Should Internal Affairs be allowed to police itself? Will the auditors who made claims in 2016 that Mahan had no "blind spots" and had been compliant with federal laws be held accountable for their incorrect findings?

Unprovoked actions taken against inmates who cannot defend themselves, nor voice their concerns for fear of retaliation, must be investigated by an unbiased panel. In fact, Correction Officers Union PBA Local 105 Vice President Sean Sprich stated that the manner in which the department resolved the prison problems was to "keep things quiet and save money, all to the detriment of officers, inmates, civilians and taxpayers." This, however, is not a new problem.

In 2010, Senior Corrections Officer Jason Mays had sex-abuse complaints made against him, but an investigation was determined inconclusive. Later, in 2013, further information surfaced leading to a reinvestigation, which brought his trial.

Five inmates accused Mays—often the sole officer in a specific housing unit containing 40 inmates—of crimes committed by him in secret places. One room, in particular, known to staffers as the "beauty room," was located beyond the 90 cameras in Mahan. It was in this area that various inmates testified the sexual abuse they had

encountered with Mays took place. He would conveniently peer through the window—which overlooked the walkway—for passersby.

In 2016, detectives from the Hunterdon County Prosecutor's Office Special Victims Unit arrested Mays, who had been accused of harassing and sexually assaulting multiple inmates. He was formally charged with Official Misconduct, Sexual Assault, Criminal Sexual Contact, Criminal Coercion, and Pattern of Official Misconduct.

Mays, however, was not the sole accused and charged. Department of Corrections Special Investigation Unit and HCPO detectives worked diligently over a period of eighteen months, charging a total of eight staff members with varying sex crimes.

The first misfit to plea--to Official Misconduct--was Joel Herscap, a kitchen worker at Mahan; the second, Senior Corrections Officer Thomas Sequine also pleaded to Official Misconduct. Each was sentenced to 3 years in prison. Mays is the third accused but the first to be convicted at trial. On May 10, 2018, he was found guilty on two counts of 2nd-degree Official Misconduct, one count of 2nd degree Sexual Assault, one count of 2nd-degree Pattern of Official Misconduct, and one count of 4th-degree Criminal Sexual Contact. On July 26, 2018, Mays was sentenced to 16 years in state prison and ordered to register as a sex offender for life upon release.

Assistant Prosecutor Kelly Daniels, who heads the SVU at the HCPO and prosecuted Mays, was content with the jury's verdict. Although the case was trying, she understands and empathizes with the toll it took on the brave victims and unexpected jurors. The HCPO maintains its commit-



ment to prioritizing sex crimes conducted by those in authority. Prosecutor Kearns succinctly states, "All inmates have a right to be safe within the institutions where we as a society demand they be retained. It is our responsibility to ensure that public servants, who betray their oath and the public trust, are held accountable and prosecuted to the fullest extent of the law."

As such, A/P Daniels will be prosecuting the four additional defendants who are awaiting trial. Brian Ambrose's trial date is scheduled for October 23, 2018, followed by two trials in 2019, those of defendants Joel Mercado and Ronald Coleman. Ahnwar Dixon--who was also awaiting trial--pleaded guilty to three counts of 2nd-degree Official Misconduct. His sentencing

has been scheduled for October 26, 2018. Will the recent conviction of Jason Mays set the precedent that the state of New Jersey will not tolerate any violation of PREA? Follow A/P Daniels' quest to ensure the guilty do not remain unpunished and that justice, as expected, is served. 🌐

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# JUSTICE IN AMERICA

By Lt. Patrick J. Ciser, C.P.D. (Ret.)

According to a 2018 report from the Bureau of Justice Statistics, nearly 2.2 million adults were held in America's prisons and jails at the end of 2016. While some would argue that this number is way too high, and that we are in need of a criminal justice reform; I have a different take on the subject. Yes, we can reduce this number while helping those nonviolent offenders who can still be saved. And no one should be locked up for possessing a couple of ounces of marijuana. Fines and community service in states that haven't yet legalized it should suffice, but possession of weight (pounds for instance) is another matter.

I'd like to see New Jersey decriminalize "MJ" but not legalize it; however, I know that our liberal governor has other ideas. Many lament about the cost of incarcerating over two million people, but what would the cost be in letting many of them out? The cost to the many victims who would otherwise not be victims could be staggering, especially in the case of lost lives. As mentioned before, save the ones who can be saved, but ensure stiffer sentences for those who cannot. Why do you think crime went down in America since the '80s? It's in large part because our prison population went up. Now the pen-

dulum is swinging in the opposite direction, which I believe will only cause crime to rise.

As the decades went by, "progressives" have increasingly felt sorry for the perpetrators of crimes, at the peril of their victims. The death penalty became life in prison and life in prison became 20 years. How many times have we seen murderers released early, when they weren't supposed to ever see the light of day; including "cop killers." America over time has become soft on punishment. Why doesn't China have as high a percentage of incarceration as we do? It's because their death penalty and "work" prisons are a great deterrent. Why do you think that theft in some Middle Eastern countries isn't rampant? Because some of those countries will cut your hand off for punishment. Now I certainly don't support these draconian penalties, but we've definitely gotten too soft.

When I worked narcotics, we would routinely lock up drug dealers for possession, possession with the intent to distribute and distribution in a school zone. This is, as I'm sure you're aware, three third-degree crimes. Why is it ALWAYS downgraded to one? Yes, in some cases they ratted out a high-level dealer for clemency, but I've seen

reductions simply because the prosecutor didn't want to go to trial. And hell, with the overburdened court system, who has time for a trial? But unfortunately, this prosecutor's way of thinking isn't just for the punk dealing on a street corner. It's also many times, for armed robbers, rapists, and murderers. Did it ever occur to anyone that if we give a murderer a life

sentence, and we actually keep him locked up until he's dead, we'll never risk him killing one of our loved ones? If we make the armed robber actually do the ten years, that's ten years that he won't be able to pull a gun on anyone else. Those street thug drug dealers we locked up would laugh, and say, "No problem, I'll get my three squares a day, hang with some friends, and be back out dealing in no time; my boy will watch my corner." Jail was just an "occupational hazard," nothing to be overly concerned with. Does ANYONE actually think our feckless system is a serious deterrent?

Today, at times, it seems like the insane are running the asylum. How wonderful that New Jersey now has bail reform. Drug dealers are released so they can continue peddling poison to our youth. (Didn't I hear something about a heroin epidemic?) Perps elude police officers in high-speed chases; others resist arrest by fighting and/or running away, proving themselves to be incorrigible. People arrested on warrants for not coming to court are released, so they can "not" come to court again. And worse, NO ONE seems concerned with officer safety, especially with these insane sanctuary city policies. Allowing someone to abscond from the law only puts officers and the public at risk when there is a later confrontation in re-arresting the wanted person. Politicians across the country have totally lost their minds in supporting sanctuary cities, just ask Kate Steinle's parents. Hey, some liberal politicians want to eliminate ICE, what's next, the sheriff's department?

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



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

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# FINANCE

## PREPARING FOR THE *Christmas Crunch*

By Geoffrey Rejent



A month ago, the sun was shining, it was still eighty-something degrees, and you probably thought to yourself, “The summer is over already?” One day while I was running errands, this reality sunk in for me. Patriotic-themed decorations were heavily discounted, and the seasonal aisle at the store was nothing but a sea of black, orange, purple and green. Then, the next telltale signal came: Every other food and radio advertisement I heard referenced pumpkin this, spiced that. Contrary to popular belief, everything isn’t better with pumpkin. If all of this wasn’t bad enough, a trip to another store brought about another sobering realization: The holidays are less than three months away! The store already had shelves full of Christmas light strands, boxed inflatables and garland strands displayed.

The holidays, specifically Christmas, Chanukah or whichever expensive holiday your family celebrates, really isn’t too far off if you think about it. That time of the year could be terrifying for some of us because presents, large meals, Christmas parties, etc. could get pretty costly. I’m sure you know someone in your life, whether it is a friend, family member, or co-worker, who drastically overspends around the holidays. Then, at some point in January, you will inevitably have to hear the person moan and groan about their astronomical credit card bills that he or she “can’t afford.” Worse yet, is there a chance that you are the person I just described? That may be even scarier than any haunted house or freaky decorations. That being said, there are some steps you could take now to ease the pain

for this upcoming season and help prepare yourself for future years.

First and foremost, start saving for those costs NOW! Start budgeting something as soon as possible, even if it’s \$25 or \$50 a paycheck. Do you have any overtime that’s owed to you? You should budget some or all of that money for holiday costs. Are you able to pick up a small side job (commonly known now as a side hustle) to make extra money? That could also bring in some extra income. Another option is to look for deals or rebates. Different websites like Swagbucks, Ibotta and E-Bates offer consumers money back as incentives for purchases. Small savings could be realized if you are making purchases through these websites. The great thing about these websites is that purchases could be made from the comfort of your home. It won’t require you to stand outside a Walmart at midnight after eating a year’s worth of turkey, waiting for “Black Friday” deals.

Another option is to cut down on the number of gifts you plan on purchasing this upcoming season. For example, if you have a large family or a large group of friends, agree to do a “Secret Santa” instead of purchasing gifts for each person. Agree to set limits on spending with family and friends. The chances are that most people may welcome the idea because it means they will also be spending less money. Another benefit is that you will not have to deal with the hassle of finding gifts for many different people. If anyone claims you are cheap, tell them you prefer the word “parsimonious.” If they don’t know what parsimonious means, maybe you can purchase them an

“old-school dictionary” as a gift.

The last thing you should do is go into debt because of holiday spending. The “deals” that you think you are getting won’t be great deals if it takes you months or years to pay off the bills, especially once a credit card company tacks on interest charges. Hopefully, the advice discussed above can help you manage the costs for this upcoming season. It also gives you a chance to formulate a plan for next year. One of the smartest steps you can take is to start a Christmas Club account at your local bank or start saving a small amount of money from each paycheck to help save for the holidays. This could be accomplished whether you use an envelope stashed in a dresser drawer or a savings account with a bank. It’s not so important where you store the money; the important thing is that you start saving as soon as possible. You can use this upcoming holiday season as a reference to determine approximately how much you will need for next year. Budgeting and saving for the holidays will help reduce stress that many of us experience during the holiday season. 🌐

*Geoffrey Rejent has been a police officer for over 15 years. He is currently assigned to the Traffic Bureau in a northern NJ municipality. He earned a Bachelor’s Degree from Marist College and a Master’s Degree from Fairleigh Dickinson University. More of his personal financial advice can be found on his website, [www.becomefiscallyfit.com](http://www.becomefiscallyfit.com).*



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# Bringing HOPE to Those Who Need It Most

## The HOPE One Monmouth Mobile Unit

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



According to an article which appeared in the March 2018 issue of Mayo Clinic Proceedings entitled, "Beyond Supply: How We Must Tackle the Opioid Epidemic," by A. Benjamin Srivastava, MD and Mark S. Gold, MD, it is stated that "The opioid epidemic is the most important and most serious public health crisis today." In an article by Stephan Stirling, NJ Advance Media, more than 2,200 died from drug overdoses in New Jersey in 2016 and more than 65,000 nationwide. According to information on the website of the New Jersey Attorney General's Office, there have been 146 suspected overdose deaths in Monmouth County so far in 2018, plus 543 administrations of naloxone (Narcan) and 217,615 opioid prescriptions issued.

The opioid epidemic is real and requires a collaborative approach between law enforcement and medical services professionals to be successful. Monmouth County is taking the battle to the front lines with the Hope One Monmouth Mobile Unit. On National Night Out in Asbury Park, New Jersey on Aug. 7, 2018, Monmouth County Sheriff Shaun Golden and Prosecutor Christopher Gramiccioni launched an innovative leading approach to combating the opioid epidemic in Monmouth County with the Hope One Monmouth Mobile Unit.

The Hope One vehicle is a 32-foot-long mobile outreach unit that once served as the Monmouth County Sheriff's Office Field Communications Unit which was used as a command post and field communications center for large-scale incidents and community events. The unit has been repurposed as a mobile outreach unit to combat the current opioid epidemic. The vehicle is adorned with familiar county landmark icons as well as the insignias of the Monmouth County Sheriff's Office, Prosecutor's Office, County Clerk's Office and County Surrogate's Office. It is also adorned with a purple ribbon to exemplify recovery. The

unit will travel into communities several times a week staffed with a sheriff's officer, a certified peer recovery specialist and a licensed clinician. At the various locations to which the unit travels, Hope One staff will connect individuals with substance abuse disorder and their family members to immediate services, treatment facilities and naloxone training.

"The heroin epidemic remains one of the most important crises law enforcement in Monmouth County must conquer, and HOPE One will be a vital asset, as we continue to lead the way in the fight against drug abuse," said Sheriff Shaun Golden. "This mobile outreach component, the first of its kind in Monmouth County, will lead to a path of recovery. Instead of individuals who are struggling with addiction coming to us, we travel to them, meet one on one, and offer services and options which will help combat drug overdoses and deaths."

"HOPE One is a great example of the outside-the-box thinking that we need to help those in dire need of assistance," said Christopher Gramiccioni, Monmouth County prosecutor. "A mobile assistance

unit brings another vital resource to our communities when we cannot rely on drug abuse to stop at town boundaries. This presents us with a vital opportunity to reach a person that may not otherwise have the ability to take the first step toward addiction treatment."

"This great approach to combatting drug abuse is a partnership and commitment formed between law enforcement and substance abuse recovery specialists, who both share a common goal," said John Brogan, CEO of Lifeline Recovery Support Services. "That is to address the deadly problem of addiction in our communities and save lives by securing a path to healthier and sober living."

Monmouth County is blessed with a plethora of partnerships that make the HOPE One Monmouth Mobile Unit possible, including the Monmouth County Sheriff's Office, Prosecutor's Office, Hackensack Meridian Health, Carrier Clinic, NJ Reentry Corporation, Mainstream Recovery, Ocean Mental Health Services, and Behavioral Wellness & Recovery. Partnerships and planning produce positive results! 🌐



Ribbon cutting ceremony in Asbury Park at inauguration of HOPE One outreach program. (L-R) Freeholder Director Thomas Arnone, County Clerk Christine Hanlon, Ocean County Prosecutor Joseph Coronato, John Brogan - CEO Lifeline Recovery Support Services, Monmouth County Prosecutor Christopher Gramiccioni, Monmouth County Sheriff Shaun Golden, Chief John McCabe - Monmouth County Prosecutor's Office, Stephanie Ruane, MS, LCADC - Social Services Supervisor - Monmouth County Correctional Institution, Joel Pomaes - Certified Recovery Specialist, Undersheriff Michael Donovan, Sheriff's Officer David Lasko, Executive Assistant Selma Morris, Undersheriff Frederick Deickmann, Confidential Assistant Teresa Forbes and Kim Vieth, MS, LCSW, LCADC - Director of Adult Clinical Services, Ocean Mental Health Services.



# Seasonal Depression AMONG PUBLIC SAFETY

By Debra Ann Faretra, M.A., C.S.M

Seasonal Affective Disorder (SAD) is a subtype of depression that usually manifests the same time every year. It is characterized by chronic feelings of sadness, pessimism, worthlessness and can result in suicidal thoughts if left untreated. Symptoms may differ, but generally, sufferers may experience fatigue, withdrawal from life activities and people, inability to focus, anxiety, physical ailments and an increase in alcohol consumption.

Seasons are changing, and the holidays are approaching. With this comes a change in hormones and moods. SAD is prevalent when there is less sunlight beginning early fall and ending during spring. For others, it manifests during warmer months starting early spring and lasting throughout the summer, which can be contributory toward the high rate of suicide among the general population during that time. Police, other first responders, and military are susceptible all year 'round, but the darker months and holiday season puts them at higher risk for depression and challenges.

The holiday season can arouse a lot of negative and stressful emotions. It is also the time of year that presents with the highest rates of domestic violence. During this time, people are negatively impacted by their surroundings that remind them of lost loved ones, employment, and financial problems, health deficits, life changes, and chemical imbalances to name a few.

All these factors along with the manifestation of SAD can contribute to debilitating depression, destructive behaviors and even suicide.

In addition, PTSD sufferers can experience a host of other problems and exacerbation of the above symptoms. Law enforcement and firefighters are on top of the list due to the nature of their profession. Not all engage in celebrations, and at some point or another, they will be away from the joy and familial support that surrounds them. Instead, while many are home safe in the company of their loved ones, our first responders are on the scene of a crime, accidents, and negative situations. The stressors of their profession collectively with the other challenges can weigh very heavily. Military personnel are deployed, making the ultimate sacrifice.

Coping with these challenges differs for each person, but men that suffer from depression are least likely to seek treatment and may consume unusual amounts of alcohol. Also, they're more likely to experience health problems such as gastric, hypertension, migraines, muscle aches, a weakened immune system and a host of other medical issues. Whereas, females, though more willing to talk, often suffer greater emotional as well as health problems.

Combating this disorder will require self-care and some psychotherapy. Due to the lack of sunlight exposure during the fall

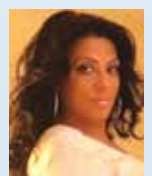
and winter months, the levels of serotonin and vitamin D decrease which can result in depressive episodes and anxiety. Treatment to increase serotonin is natural sun exposure, superficial sunlamps, and light treatment therapy, but under the advice and monitoring of a physician since each one has side effects and can trigger other problems. Treatments for mild depression and effective sources for mental health maintenance are diet, exercise, vitamin supplements, support circles, and psychological intervention to prevent major depressive episodes.

Psychotherapy offers healing and provides a safe haven for sufferers to express their self-defeating thoughts and feelings without judgment so that clients can resume functional living; which is more promising than not. It's better to attempt to make changes than to remain in the same situation that essentially hijacks a person of their potential to be happy.

Peer, familial, spiritual, and therapeutic support prevents sufferers from marinating in sadness and suicidal thoughts. Group therapy facilitated by licensed clinicians has also proven beneficial for those that would like to engage in healing with others through their similar experiences. Interacting with even one person of choice or a group of people with the same interests that may revolve around sports, hobbies, or good company is highly recommended.

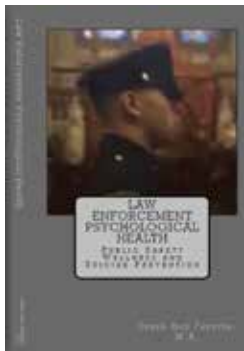
Remember you are never alone and many people suffer during this time of year. Reach out for assistance and maintain self-care. 🌍

Debra Ann Faretra, M.A., C.S.M., is a PTC Public Safety Psychology Instructor, Public Safety Mental Health Educational Counselor, and Author to Law Enforcement Psychological Health (public safety wellness and suicide prevention) Book available on Amazon.



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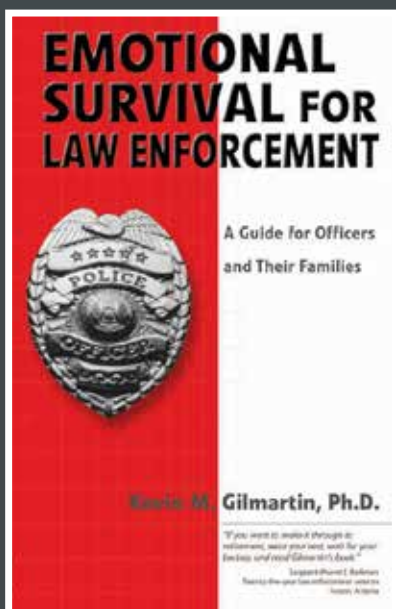
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## Emotional Survival for Law Enforcement: A guide for officers and their families

By Joel E. Gordon

*"Victims focus on what they do not control. Survivors focus on what they do control."*  
- Kevin M. Gilmartin, Ph.D. author of Emotional Survival for Law Enforcement

*"A guide to keep good people good."*

This book is highly recommended reading

for all in our law enforcement family and those embarking on a career in our profession. I believe it could potentially change your life, your home life and career. This book looks to help overcome the inevitable internal assaults experienced both personally and organizationally for those of us in law enforcement.

For veteran officers: Has your worldview changed from your idealistic and committed rookie years? Have you experienced estrangement or family issues? Do you have physical fitness and health concerns? Are you more cynical than before? Feeling angry, depressed or suicidal... "The world is full of a\*\*holes?"

Alternatively, are you a family member who wants to learn more about how to better understand and love your cop?

Author Kevin Gilmartin has lived the cop life. After earning a Ph.D. in clinical psychology, he was a career deputy sheriff spending twenty years with the Pima County Sheriff's Office, in Arizona.

It would be nearly impossible not to recognize yourself or others in the book's numerous case studies, tales

and assertions. The appeal and the biological effects of an officer's on-duty hyper-vigilant state of awareness is identified and covered in great detail. While officers are seen as alive, alert, energetic, involved and humorous while on-duty, frequently an equal and opposite reaction occurs while off-duty with officers often becoming tired, detached, isolated and apathetic sometimes leading to family issues in the all-consuming cycle and pattern of being a cop.

By showing the reader the importance of taking and maintaining control of our personal lives through aggressive personal time management and personal goal setting, the author guides the reader toward the ultimate goal of emotional survival.

Originally published in 2002, this book with its identification of the hyper-vigilant biological rollercoaster that we find ourselves riding in is just as valid in today's world of law enforcement.

You are more than "a cop" who used to have a more complete life, before law enforcement, which the author identifies as the "usta" pattern of activity. If your goal is to survive, not only on the streets but also in life itself, I suggest you read this book! 🌐

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



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## Ice Cream with Cops By James F. Ford, Jr., Ph.D

Recently as part of welcoming the students back to the College of Saint Elizabeth, the Florham Park Police Department sponsored "Ice Cream with Cops". Over 150 students participated and engaged in conversation with the officers and exposed them to careers in law enforcement.

(L to R back row) Sgt. Brian Ford, Dr. Jim Ford, Chief Joseph Orlando, Morris County Sheriff Jim Gannon, Lt. Scott Bartell, and Ptl. Charles Greenstein

Ptl. Kevin Langereis and students by the Hum V

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# Hear Me Out



By Joseph Imperatrice, Founder/President Blue Lives Matter-NYC

**F**or a little over two years now, the NFL has been the center of attention, perhaps attention that they wish they were not a part of. It began with then-NFL quarterback Colin Kaepernick deliberately kneeling while others around him stood for the national anthem. His reason was “racial injustice” claiming that black individuals were being treated differently than other ethnicities. The act of kneeling led to widespread criticism from people both agreeing and disagreeing about the issue.

Since 2014, there has been animosity that has erupted. Travon Martin, Michael Brown, Eric Garner to name a few individuals are described as being “killed” by police. But then there are also Rafael Ramos & Wenjian Liu, Randolph Holder & Brian Moore, Paul Tuozzolo & Miosotis Familia being on the “other” side being “killed” by civilians. These are just a few names, a grain of sand worth of individuals thrown into this media frenzy of “them versus us,” “white versus black,” and “the public versus the police.” However, when you look deeper, when you take out the lies, the exaggeration and the made-up storylines, there is a truth.

A police officer did not kill Trayvon Martin. He was shot and killed by a neighborhood watchman named George Zimmerman, who can be called a bunch of things, but indeed not a law enforcement officer. I cannot critique and say whether I believe he was right or wrong, I wasn't there, neither was anyone else who called for him to be sent away for the rest of his life. What I do know is something happened that night, some type of altercation did occur, and a bullet was fired from a handgun ending a young man's life. That incident led to many protests, many people injured, many lives changed and property being damaged. It set off the hoodie over the head pictures and hate to many.

Michael Brown, described as a “gentle giant,” wasn't so gentle after all. Brown was seen on video using force to take property

that wasn't his from a store and then walked out without permission or authority to do so. Police were called through 911. Officer Darren Wilson was the unfortunate officer who first responded. While attempting to start a dialogue with Brown, Brown became irate and took it upon himself to use physical force against the officer. For months the “hands up don't shoot” claim that Brown begged for his life while holding his hands above his head infuriated the public and extremists, setting off a firestorm throughout the United States. During the criminal proceedings, these allegations, which caused havoc, were proven false, as were the witnesses who were called to testify. Officer Wilson's life was threatened, and inhuman behavior led to this young man having to resign and go into hiding to protect his and his family's lives. Even though pictures of his injuries were released, such as the bruising and swelling he endured from being assaulted by Brown, the media never had the conscience to apologize for ruining another human's life.

Eric Garner, a man with an extensive arrest history, whom on the date of the incident was breaking the law, refused to leave a location where officers were directed to respond. Officers pled for minutes on end for Gardner to leave. When he refused, an arrest was warranted at which time Garner is seen deliberately resisting arrest by refusing to put his hands behind his back. Instead of more than likely going to the precinct and being released with a ticket barring no warrants, physical force was used by officers on scene. The controversial chokehold, which term is still used today, was broadcast all over civil rights activist's social media pages and papers. Garner was taken down to the ground with the necessary force needed to effect the arrest. The famous words “I can't breathe” which were heard on the tape recordings became biblical, as Garner shortly died en route to the hospital. The common denominator in these few incidents is that something which could have been avoided by simply obeying the law and not attempt-

ing to break it and becoming combative led to a tragedy for all those involved.

Unlike the instances above on the civilian side, each officer listed above, and the hundreds of others who have lost their lives contemporaneously, did not instigate the situation. They were either assassinated without warning or killed while attempting to stop the other individual from harming any innocent bystanders. They were not breaking the law, instead enforcing it, and the hatred instilled by politicians, fake news, and celebrities undoubtedly led to their demise.

So back to the NFL, Colin Kaepernick, and all the athletes and media outlets that have jumped on this bandwagon. I don't think it is social injustice, rather the lack of accountability. See, history shows that it is usually the people or groups of people rebelling over the rules and regulations that are the most likely to cause tension. It is often the individuals who cannot follow the rules that cause the most trouble. It is not the ordinary citizen who follows direction who causes the issue, rather the complete opposite. So here we are two years later and has anything changed? Well, one thing, one main thing, the president.

The Obama administration poured gasoline onto the fire rather than using a fire extinguisher to put out the flames. Now, President Trump has worked on bringing back honor to the shield, and respect for the individual wearing it. The cop-hating rhetoric has not ended, but has slowly dissipated. Despite the president and his attempt to fix this issue and bring pride to the profession, the neighborhoods in most distress: Chicago, Newark New Jersey, Bronx NY, Detroit Michigan, areas are in turmoil. Gunshots ring out as with a shocking regularity. Where are the protests in regard to these real Issues? Is anyone troubled with the numbers of individuals shot and killed on a daily basis? Where is the outrage? Where are the millionaire athletes who are well off and will make more in a season that many individuals make in a lifetime?

Where were the protests from the time the Super Bowl ended until the time pre-season action began for the NFL? Did officers throughout the United States take a vacation? Did they decide that being prejudiced or racist should take a back seat until the NFL season could once again begin, at which time the police could start being “racist pigs?”

A couple of weeks ago, the NY Jets reached out to me in a common practice where teams contact businesses or organizations to boost sales and make a deal where the group feels special. This means meeting a player or players, getting onto the field or receiving autographs. With all of what I described above going on and no end in sight, I chose to decline the offer respectfully. I did not anticipate that my words would go viral and I did not think

that I would be on national news stations such as Fox News, Sports Illustrated, and mainstream faces as Stuart Varney and Neil Cavuto. The world was listening, and I was the voice of reason needed at the moment. I was a voice that did not disrespect either side but voiced some facts that millions of Americans have been thinking over this time span.

I have and will continue to have my hand extended to not just partner up with an NFL team, but be the catalyst for the NFL that could be the mediator it has needed over the past 24 months. By attempting to understand each side, by actually working toward a positive outcome, we can achieve what many people only want to argue about. See, this is the trend at hand, Sunday players kneel, Monday stories hit the press and media about the kneeling, the

following week it's Groundhog Day, and the same things happen over and over and over again. The same groundhog, the same Bill Murray, the same outcome.

So why don't we start anew, go old school and use the gift of dialogue to work toward a solution and make history just like so many great Americans before us did? We should, so we can set an example for the next generation that yes, in the past there have been many terrible things that have occurred that should be known and talked about, but we can make our own history. By working together to make sure no individual has to endure such heartache and pain, that working together in numbers with individuals from all walks of life, we can learn to understand and respect one another rather than rip one another apart.

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# EAT, WORK, SLEEP, REPEAT: Make Wise Choices

By Dr. Michael Doblin

I lost a friend very recently. A police officer. A good man. A man whose recent joy in finding a woman made me happy. This article is to honor my friend and to all my friends in Law Enforcement.

Bread loaded with butter! Baked ziti! Salad with WAY too much dressing! Cheesecake! Sounds good, but how good is it for you? As the official “BlueSnore” doctor, I want to be an asset for your health and quality of life. I have attended many law enforcement beefsteaks, meetings, galas, and have seen you eat way too much food and choose the wrong foods. This lifestyle may not have an immediate impact on you now but will certainly have consequences later. I understand that your jobs are very demanding and since many of you are on shift work, it is hard to maintain an organized and routine schedule. Regardless of how demanding your profession is, exercise is an important asset in anyone’s life, especially a profession that is as emotionally and physically demanding as yours.

I’m the official “BlueSnore” doctor, and as a civilian, I appreciate your service to the community and I’d like to continue to be an asset to your health and quality of life. The best thing you can do for yourselves is to use common sense when it comes to your personal lifestyle and habits. Stop the over-eating! Control yourselves! Not just at any of these special events, but in general. The food isn’t going to disappear, so you don’t have to shove it down your throats in one sitting. Better to have 4-6 smaller meals and drink more water than loading up on carbs like pasta, bread, desserts, or all that red meat you eat at beefsteaks all at once.

You need to walk, go to the gym, burn those calories, and oxygenate yourselves so that you don’t end up with poor circulation, gout or other chronic conditions. I have asked several of my patients what their ideal weight could be, and they refer back to when you were in the academy. That was years ago, and the possibility of trying to approach an ideal weight and lifestyle is not

that remote, it just takes commitment. Go to the gym, start out slow, and work yourself up to a routine that is doable.

I’ve gotten to know quite a few of you and I have a great affinity and respect for you both as individuals and your profession. I care about you and I want you to care about yourselves. ●

*Dr. Michael Doblin graduated from the University of Missouri in 1972, and 3rd in his class from Howard University School of dentistry in 1979. He has maintained a successful dental practice for more than 37 years. For the past 5 years, Dr. Doblin has been involved exclusively in treating snoring and obstructive sleep apnea. He is dedicated to educating people and helping them sleep better. With offices in Fair Lawn, Trenton, Fort Lee, East Hanover, and Woodbridge, he is able to screen, evaluate, and treat snoring and sleep apnea. For questions or appointments, call 1-855-859-3300.*



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# Florida, Not Just the Sunshine State

By Julia Torres

Florida, the peninsula of sunshine, coconut oil, and palm trees, has much to offer natives and tourists alike. Whether you enjoy diving or fishing, film or trivia, or learning about art and history, you won't be disappointed after visiting Floridian cities.

Two world capitals known for diving and sport fishing are found in Monroe County, Key Largo, and Islamorada. In fact, the Benwood, on French Reef in the Florida Keys, is known to be among one of the most dived shipwrecks. It is no wonder that novice and experienced divers keep returning. While Key Largo contains numerous activities for leisure and competitive water sports, it also allows opportunities for parents to snap photographs of children swimming with dolphins.



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Film producers find value in traveling south for movie sets as well. Glorified, notorious Tony Montana, played by Al Pacino, was a predominant figure who depicted a Cuban during the '80s cocaine craze throughout Miami Beach in the film "Scarface," while the elegant Charlize Theron took on "Monster," characterizing and winning an Oscar for her role in the sad, disturbing life of Aileen Wuornos, one of few women executed in the state of Florida. In addition, Warner Bros.' 1948 "Key Largo," based on its 1939 play, drew brilliant personalities to its cast, namely Humphrey Bogart and Lauren Bacall. Islamorada wasn't far behind, as it has attracted inspiring authors' and sports' enthusiasts such as Ernest Hemingway and Zane Grey.

Visitors and residents are often seen savoring delicious seafood in Islamorada,

which means "purple island" in Spanish, while sipping a beachfront cocktail, strolling down the village's fine shops and galleries, boating on the Everglades for an alligator glimpse, or participating in different tours, annual festivals, or community concerts. Moreover, did you know that the American alligator (*Alligator mississippiensis*) was designated by the Florida legislature as the official state reptile in 1987?

That, however, is not the only interesting, record-breaking trivia. Delray Beach, located in Palm Beach County, is home to the Morikami Museum and Japanese Gardens, America's sole museum dedicated exclusively to Japanese culture. Speaking of exclusivity, Lee County's Sanibel Island owns two million shells boasting of being the only museum devoted to shells, you may guess, but no, it's mollusks. Additionally, McCall Park in Plant City, Hillsborough County, has held the Guinness record since February 19, 1999, for the largest strawberry shortcake, measuring 827 square feet and 6,000 lbs.



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For history buffs, Florida is rich. At North America's oldest European settlement, Saint Augustine, children can enjoy a ride on a beautifully elaborate carousel, visit the wooden schoolhouse, or walk down narrow cobblestone streets. Young adults and parents can wait outside the old jail before being escorted into the cellblock by the sheriff's wife, who chastises the new inmates while dressed in olden-days attire. Inside, the sheriff and inmates' wax figures are powerfully seen and heard, but I won't ruin the experience for you by relaying the content or detailing how the sheriff's family

lived on the premises. That, you'll have to see for yourself.

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The state's history also includes military sites. Among them are Florida's largest American Civil War battle, the Olustee Battlefield; Fort Zachary Taylor, active during the Civil War, Spanish-American, and World War I and II; and Polk County's oldest settlement, Fort Meade, dating back to 1849. Of further interest is the city of Jacksonville, the nation's busiest port during the Gulf War, responsible for moving vast amounts of supplies and personnel.

Also, we cannot speak of history without mentioning the city of Cape Canaveral, or the John F. Kennedy Space Center, where one can view practice runs off launch pads and learn a lot.



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Still, this peninsula has lots to offer. More folks are seen in Orlando than any other amusement park in the country. Perhaps we can thank Mickey and friends, the behind-the-scenes at Hollywood Studios, or the dozens of clubs and eateries in Pleasure Island for the thousands of jobs that keep many employed and the massive

revenue brought into the area.

If theme parks don't entice you, not too far from Orlando is Clearwater, known for spectacular beaches and calming waters, but be mindful not to be in its general vicinity when the possibility of lightning exists, as it holds the highest rate of lightning strikes per capita in the world.

Aside from the storms and hurricanes that go along with living in the Sunshine State, the greater Miami area borders two national parks to hike or ride through, Everglades National Park and Biscayne National Park; downtown Miami's Little



Havana, Calle Ocho is frequented by tourists who enjoy watching old-timers play dominoes while smoking cigars donned in guayaberas, espresso in hand; and South Beach's Ocean Drive is visited by beautiful people who waltz by the Versace Mansion, Mangos Tropical Cafe and the Clevelander before taking a dip in the ocean or grabbing a bite to eat in one of the numerous restaurants adorning the strip. Appropriately so, it was in Miami Beach that a pharmacist named Benjamin Green invented the first suntan lotion. The year was 1944, and he accomplished this by cooking cocoa butter in a granite coffee pot on his wife's stove.

Perhaps those who get a sunburn can ride north on the road alongside Fort Lauderdale's 185 miles of local waterways, also known as the Venice of America, to Safety Harbor in Pinellas County and jump in the natural springs of Espiritu Santo (Holy Spirit) Springs, known by many for its curative powers. While there, be sure to stay hydrated; bring some Gatorade. After all, Gatorade was developed at the University of Florida Gators, which is how it got its name.

Trivia, trivia, trivia. It all begins with an education. It is no surprise that Florida is full of tidbits since the oldest college, Rollins College, was founded in 1885 in Winter Park. Maybe it's time for a road trip? 🌐

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



An advertisement for The Silverstrom Group. At the top, six circular award medals are displayed, each labeled "Suburban Essex Best of Essex" for the years 2012 through 2017, with "Bronze Winner" or "Gold Winner" text. Below the medals is a photograph of dental tools (a toothbrush, a mirror, and a probe) in a glass holder. The company logo "The SILVERSTROM Group" is prominently displayed in blue and orange, with the tagline "Advancing the Artistry of Dentistry™". Two men in suits are shown smiling on the right side of the ad. At the bottom, a blue banner contains the phone number "(973) 992-3990" and the website "WWW.READYTOSMILE.COM | 580 S LIVINGSTON AVE, LIVINGSTON, NJ 07039".

## Why Do Bad Things Happen to Good Cops?

By Chris Amos



A couple of months ago, I began working on a PowerPoint presentation entitled, "Why Do Bad Things Happen to Good Cops? A Biblical Perspective on Suffering, Sicknes, Death and Hope." The presentation will be delivered in November at this year's Concerns of Police Survivors (COPS) National Wellness Conference in Chicago. The premise of the class was simply to try to approach line of duty deaths from a Biblical perspective. In other words, I was wading out in the treacherous and ever-shifting waters of the question that is as old as the human race, "Why?" More specifically, why would God allow, permit, or in some way turn a blind eye toward the death of a law enforcement officer, killed for simply doing his or her job? This by far has been the most difficult presentation I have ever embraced during a teaching/preaching career that has spanned over 25 years.

Over a period of several weeks I had read, studied, reviewed and dissected more books about grief, tragedy, line of duty deaths and of course in-depth Bible study on judgment, death, suffering, justice, vengeance, the will of God, sin and the fallout of sin on God's creation, than I can even remember. I dove into this study, immersing myself in suffering and death, hoping to get answers that will be a source of encouragement to the families, both blood and blue, of LEOs killed in the line of duty. I have looked at the most senseless and apparent random murders of LEOs, good LEOs who were doing the right thing, the right way for the right reasons during their deaths. I was beginning to feel like I was getting my arms around this great mystery when the inevitable happened.

I have two sons, both of whom are police officers in Norfolk, VA. My youngest son, Jesse, is a member of the department's SOT or SWAT team. Like his father, Jesse was involved in a fatal police shooting last year, killing a suspect who had just shot his sergeant. Seth, my oldest son, has been on the department for 9 years, a couple of years longer than his brother Jesse. While the old timers on the department still speak

of my shooting in '96, the younger officers speak of Jesse's incident. Seth all the while quietly goes about his business without a lot of attention or recognition. Seth is the epitome of a "good cop".

Last month, just after Labor Day, Seth went to the emergency room for a pain in his chest and difficulty breathing, keep in mind Seth just turned 30 on Sept. 29 and was training to go through SWAT School in October. He was in great shape. Two days later, Seth was admitted to an ICU room. A week later his lungs had collapsed, chest tubes were inserted in an emergency procedure to save his life and a tube was shoved down his throat to help him breathe. A week after that, Seth was completely sedated on life support, receiving 6 to 9 IVs, a PICC line, a catheter, chest tubes, a tracheotomy, and whatever else I've forgotten, and to make matters worse... in a lung transplant hospital 200 miles from home.

As I write this, Seth is still as described above in INOVA Medical Center in Fairfax, VA. It has just been within the last couple of days where Seth's fight has turned from survival to getting well, fully! He is still sedated, has not seen his 1- and 5-year-old in a month, while in a strange hospital hundreds of miles from home. It has been in the middle of this unexplainable journey, doctors have no idea what has and/or is causing an otherwise healthy young man to nearly die, that the Lord has shown me that I was not preparing a presentation for LEOs in November these last several weeks, but God was preparing me for what Seth and my family were about to endure.

So what have I learned? What is the answer to the question why? I don't know and I'm at peace in not knowing or understanding why, because my faith assures me God knows why and He has a plan, a purpose, and a future for Seth far greater than anything I can imagine. God knows why, and from that I can rest. God knows why, and from that I draw immense peace and comfort. God's love for Seth is far greater than that of his earthly father's and mother's. Before Seth was my son he was and is the Lord's!

We are a Proverbs 3:5 family. "Trust in the Lord with ALL of your heart and lean not on your own understanding." That is what we continue to do with Seth every day, realizing Seth's condition is still very much in God's hands. Our prayer has been and will continue to be. "God's will, God's way for God's glory." If that means our Father calls Seth home to spend eternity with his Savior and Lord Jesus in a literal Heaven we will embrace that and thank God for the time He has shared Seth with us and we will praise His name. But if God's will is to heal Seth because he has unfinished work to do on this side of eternity, we will likewise continue to thank the Lord and praise His name. Either way, Seth wins!

So why do bad things happen to good cops? I don't know why, but I do know God's love for the men and women of law enforcement is beyond our ability to comprehend. And I do know that like Seth, God has a plan, a purpose, and a future for all who make up the Thin Blue Line. I know a major part of that plan, purpose, and future is to enter into a relationship with Him through faith in His Son Jesus Christ. This relationship with God makes all the difference in the world when a sudden, unexpected, seemingly random crisis arises. Seth has that relationship and is drawing strength from that even in the midst of this storm. My prayer and hope is that you, too, would consider Jesus BEFORE the crisis hits and the many questions "why" of life arise.

For those of you who believe in the power of prayer, I sure would appreciate it if you would lift Seth up in prayer. God is hearing and moving on Seth's behalf.

See you at the finish line. 🙏

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



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# REMEMBRANCE

Article & Artwork by Jonny Castro

*Officer  
Garrett  
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On September 13th, members of Fort Worth (Texas) Police Department's Criminal Intelligence Unit were surveilling three men who were suspected in a string of 15 violent robberies in which three victims were shot. The trio entered a bar and robbed the patrons at gunpoint. The officers moved in to make the arrest as the suspects exited the building, but they fled on foot. During the foot pursuit, one of the miscreants opened fire, striking Officer Garrett Hull in the head. Officer Hull's team returned fire, killing the shooter. Garrett fought for 24 hours before he passed away from his injuries. Officer Hull was a 17-year veteran of the Fort Worth Police Department, a husband and a father to two daughters. He was 40 years old. 🕒



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# We're Experiencing a Growth Spurt to Best Serve You!

At Kayal Orthopaedic Center, we've recently added a few new faces to our elite team of award-winning surgeons and pain specialists.

Now, we're preparing to expand from three offices to four. It's all part of our continuing plan to provide you with the highest quality of care—close to home.

## Coming to Paramus!

Our newest office is set to open this spring at 185 Route 17 South in Paramus. This state-of-the-art facility will offer the same full range of services as our locations in Franklin Lakes, Glen Rock and Westwood.

Every day, you put your body at risk – and we're here when you need us. Kayal Orthopaedic Center is a one-stop orthopaedic destination specializing in injury prevention, pain management, minimally invasive surgery and innovative therapies. Kayal Orthopaedic Center is home to the Kayal Rheumatology Center, Kayal MRI and Kayal Pain & Spine Center.

INSIST ON EXCELLENCE. INSIST ON KAYAL ORTHOPAEDIC CENTER. OUR FULL RANGE OF SERVICES INCLUDE:

Treatment of All Spinal Disorders of the Neck, Upper & Lower Back

Intra-articular Viscoelastic Supplementation Gel Injection Therapy for Arthritis

Shoulder & Reverse Total Shoulder Replacement Surgery

Sports Medicine & Arthroscopy of Shoulder, Elbow, Wrist, Hip, Knee & Ankle

High-Resolution Magnetic Resonance Imaging (MRI)

EMG & Nerve Conduction Studies

Bone Density Testing & Osteoporosis

Vascular Doppler Ultrasound Studies

Hand & Upper Extremity Surgery

Interventional Pain Management

Orthobiological Therapies & Regenerative Medicine

Bracing & Orthotics

Hip Replacement Surgery

Digital X-ray Imaging

Rheumatology

Trauma & Fracture Care

Ultrasound-Guided Injection Therapies

Kyphoplasty & Vertebroplasty

Platelet-Rich Plasma (PRP) & Stem Cell Injections

Customized, Patient-Specific Total Shoulder, Knee & Ankle Replacement Surgery



**DR. ROBERT A. KAYAL,**  
FOUNDER, PRESIDENT  
AND CEO OF KAYAL  
ORTHOPAEDIC CENTER  
AWARD-WINNING NEW JERSEY TOP  
DOCTOR & OFFICIAL ORTHOPAEDIC  
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# KAYAL ORTHOPAEDIC CENTER, P.C.



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**GLEN ROCK, NJ, OFFICE**  
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Glen Rock, NJ 07452

**WESTWOOD, NJ, OFFICE**  
250 Old Hook Road  
East Building, Suite 401  
Westwood, NJ 07675

**PARAMUS, NJ, OFFICE**  
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