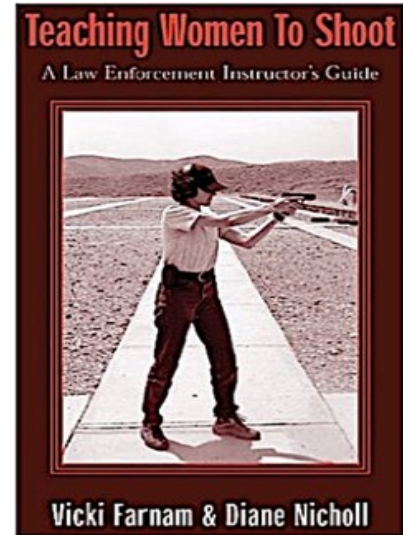


Bulletin of Applied Criminal Justice

Volume 1 Number 3



A Marriage of Law Enforcement and Social Work

“Our PSW can’t and doesn’t do it all. She is our link to community services and has taught me one thing I will never forget: “...no matter what a person’s education background or their socioeconomic status, people in crisis cannot advocate for themselves.”

By the Book: Teaching Women to Shoot

“Because more women are entering law enforcement, understanding how they learn tactile skills will be beneficial for the firearms instructor in helping female officers reach their potentials.”

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Bulletin of Applied Criminal Justice

From the Squad Room

Each edition of the *Bulletin* closes with an “End of Watch.” This is a chronological rollcall of officers who have died in the line of duty. It is a sad thing that I have to add to this list every edition, but it is important we honor these fallen heroes.

As of this publication, 100 of our brothers and sisters have fallen in 2019. What sticks out to me is the cause of death listed for 11 of these 100 is a heart attack. You look at any police department, sheriff’s office, or public-safety agency and you will find officers who are in good physical condition, officers who work out regularly, officers who are physically and mentally prepared to respond to any circumstance the job may present.

You will also find officers who are out of shape, overweight, and even some who are borderline obese. This is not unique to criminal justice. You see the same thing on a fire department, in the medical field, in business, and in any other specter of life.

Research indicates that law enforcement officers have

a higher than average incidence of premature death. The data did not include whether or not the officers died in the line of duty. This indicates that the job takes an often-unforeseen toll on the body.

A recent report suggested that law enforcement officers are subject to a higher incidence of lower-back injuries due to the amount, type, and placement of the equipment they carry on the gun belt. This can have a long-term effect on job performance as well as on the quality and longevity of one’s life.

This issue we are adding a segment to the *Bulletin*, entitled “Swint Performance,” that should help address some of these physical issues. Nick Swint is a physical therapist, an athletic trainer, and a strength and conditioning specialist. He has worked with a number of professional athletes and Olympic hopefuls. These articles will be written for you, the reader. They will be clear, concise, and easy to understand and add to your daily regimen. You won’t need a gym membership or exercise equipment . . . just a

few minutes a day will be all that’s required to benefit from them.

As you know, every call has the potential to be life threatening. You owe it to yourself and your family, you owe it to those you work with, and you owe it to the citizenry at large, to be in the best mental and physical condition to provide quality service.

Remember, the number one duty of a criminal justice officer is to go home to your family at the end of your shift!!

So, let’s get fit, let’s stay flexible, and . . .

“Hey, let’s be careful out there!”

Professionally,

Dennis W. Bulen
Chief of Police, Retired
editorbacj@gmail.com



Bulletin of Applied Criminal Justice

Chief J. Michael (Mike) Ward, Retired.

A Marriage of Law Enforcement & Social Work

I have been in law enforcement, including my military policing days, for almost 40 years. I have watched different programs come and go, such as problem-oriented policing, team policing, intelligence-lead policing and community policing to name a few. They all have their merits but they all have the misgivings, too. I believe our attempts to make social workers out of police officers through our efforts of Community Oriented Policing has failed. It's failed because we are not wired the same, trained the same, nor do we have the same outlook on society. Police are always weary of people for safety reasons and, therefore, no matter how hard we try, or how much we attempt to retrain their way of thinking, we cannot change that mindset which causes much intellectual

interference. Social workers are distinct. They see people on a much different level and are more tolerant of their problems as they work towards family and

workers—a simple fact of bureaucratic policy and red tape. I wanted, I needed to change this.

I wanted to hire our own social worker and embed them into the police department. Locally our stats showed more than 65% of our calls for service were not crime related: they were social ill related. My officers thought seriously that I had gone “bat shit crazy.” I remember when I was a young patrol officer, if you were not carrying a gun and a badge and were there to help me on a call, you were useless to me. I got that. In my heart, in all that I have studied, I believed I had to do something different to help those suffering from problems police officers are called to but cannot solve nor help with.

I reached out to Dr. Tara McLendon of the Social



individual solutions while leveraging the existing resources within the current community.

My personal experience with Social Workers throughout my career has been tenuous at best. Too often I found myself referring cases to our state's Cabinet for Health & Family Services and received zero feedback or communication. Our cabinet has fantastic people who are overwhelmed with being “case managers” and not social

Bulletin of Applied Criminal Justice

Review of Farnam, V. & Nicholl, D. (2002). *Teaching Women To Shoot: A Law Enforcement Instructor's Guide*. Boulder, CO: DTI Publications, Inc. By Dennis W. Bulen, Chief of Police, Retired.

By the Book: Teaching Women to Shoot

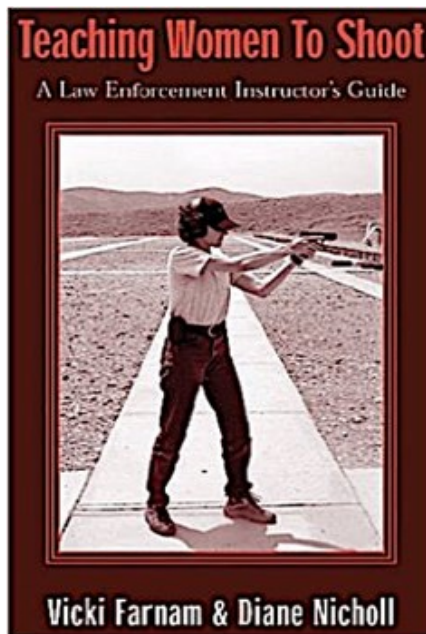
This text presents firearms instruction from the perspective of teaching women to shoot. It contains three major headings:

“Gender Differences,”
“Fundamentals of Shooting,”
“Psychology of Shooting.”

The text has 135 pages divided into 27 chapters. While the chapters are short, they are clear and concise in the information presented. Farnam and Nicholl also include brief experiential anecdotes to illustrate their points.

Part I of the book discusses “Gender Differences.” Chapter 1 presents some general conclusions that suggest women are not as successful when learning to shoot as are men. Women are more likely than men to fail their weapons qualifications and are more likely to receive remedial training. Women require detailed instruction and adequate time to master each skill, while all that men need is an overview.

Chapter 2 gives a brief discussion of the differences between the male and female brain when processing information. Such processing results in differences in perceptions, priorities, and behaviors. Women respond more sensitively to sensory stimuli, allows them to recognize emotional nuances in voice, gesture, and facial expression that men can easily miss.



For example, the authors relate that a man, when presented with a new firearm, will pick it up and “play” with it and figure out how it works. A woman, on the other hand, will want an explanation of how it works and what each part does before she will handle the gun. This is a very good explanation of perspective, particularly for those trainers who may be instructing women who have little or no firearms experience.

Chapters 3, 4 and 5 discuss the differences in spatial relationships and verbal skills between men and women. Farnam and

Nicholl define spatial relationship as, “the ability to picture objects, their shape, position, proportion, and their relationship to one another in the mind’s eye.” Men, generally, have a more highly developed spatial sense than do women.

Men need little explanation of the relationship between front sight, rear sight, their eye, the trigger and the target. This is a spatial relationship that men can easily understand. Women, however, have more difficulty with this spatial relationship.

Where men will understand these steps to be related, women may interpret these steps as independent. This may cause women not to hit targets.

The authors define verbal skills, “to include the use of language for communication.” Men and women have very different communication styles. Where men may use a single word to communicate a concept, women occasionally may give a more detailed explanation to convey the same concept.

In fact, women may need such an explanation. It has been shown that they learn more quickly when information is presented in a more complete and orderly sequence.

Bulletin of Applied Criminal Justice

Review of Farnam, V. & Nicholl, D. (2002). *Teaching Women To Shoot: A Law Enforcement Instructor's Guide*. Boulder, CO: DTI Publications, Inc. By Dennis W. Bulen, Chief of Police, Retired.

By the Book: Teaching Women to Shoot (continued)

Part II of the text is called the "Fundamentals of Shooting." Each chapter in this section is related to the fundamental need for a woman to be successful. The authors offer several exercises for male instructors that allow the males to understand how a woman will interpret commands and how a woman may compensate for a weapon that does not fit "just right."

Farnam and Nicholl are proponents of the Weaver Stance. Their reasoning is that with the arms slightly bent and the weight of the gun closer to the body, muscle fatigue develops more slowly. This stance reduces fatigue in the lower back, shoulders and arms.

Because women and men are significantly different anatomically, the firearms instructor will have to be flexible when teaching a

stance. As an example, women with larger breasts may find the Weaver Stance somewhat uncomfortable. Stance is also an important consideration when women wear body armor.

Part III of the text is entitled the "Psychology of Shooting." These chapters discuss the mental focus, anxiety, stress and motivation of shooting. Also touched upon are topics such as how to clear "mental clutter" when shooting, approaches to coping with anxiety and performance stress, and how to motivate the shooter to succeed.

This is very similar to test anxiety. The authors give examples of the anxiety and stress some of their students have expressed and offer tips to help the shooter overcome such obstacles.

As a firearms instructor, academy instructor, and trainer, I found this text to be very beneficial. It is clear, concise, and easy to read and understand. The authors offer relevant information to help female officers become more proficient in the use of firearms.

Because more women are entering law enforcement, understanding how they learn tactile skills will be beneficial for the firearms instructor in helping female officers reach their potentials.

I would recommend this text to female officers and to recruits, as well as to firearms instructors who teach women to shoot . . .
By the Book.



Bulletin of Applied Criminal Justice

By Nick Swint, Swint Performance, Jacksonville, FL.

Swint Performance: The Importance of Movement

Injuries are a common occurrence in criminal justice in general and law enforcement, specifically. Police officers most commonly experience pain and injury in the back, the shoulder, and the neck pain areas. These can be attributed to everything from your duty belt and body armor to your long-term immobility in the cruiser. Police officers are most commonly injured on duty in one of two ways: In an instant, face-to-face physical altercation, or from repetitive movements and habits that cause a gradual injury by wearing down joints or muscles. Police officers and criminal justice professionals are already at risk for chronic conditions and disease and require a slightly different approach with movement, with recovery and with regeneration being the primary concern.

This series of articles will provide you with some suggestions for reducing injury and some suggestions for preventing injury.

The Importance of Movement

Studies have shown that a sedentary, or inactive, lifestyle (such as sitting in a police cruiser) is linked to a number of different chronic diseases including obesity, heart disease, high blood pressure, high cholesterol, stroke, diabetes, low back pain and other musculoskeletal conditions. Certain cancers and even depression and anxiety also have been linked to inactivity. Furthermore, excessive sitting, even in those who achieve the recommended daily exercise, has been linked with increased risk of premature death. (*Ed. This is clearly an issue with criminal justice professionals in general and law enforcement specifically. DWB*).

This column will explore a few of these chronic conditions that can result from hours of being confined to a desk or patrol car. In addition, this column will discuss how to efficiently and effectively use movement to treat and prevent a few of these conditions. As the saying goes, “an ounce of prevention is worth a pound of cure.”

... But where to start?

Gray Cook, author of the book *Movement* and developer of the “Functional Movement System,” states that he follows three guiding principles in long-term movement development. His first and most important principle states, “First, move well... Then, move often” with the aim of seeking quality before quantity. Many times, individuals who spend a majority of their day sitting present with multiple dysfunctions that can impede even the strongest motivation to move. Therefore, it is important to strengthen your weaknesses, balance your imbalances and prepare your body to move like it was designed to move.

The next 4 articles are going to take in-depth looks into things you can add to your daily activity to begin to improve your movement quality and start to “move well.” These topics include the following:

Foam Rolling – a soft-tissue mobilization technique that can help release tone and help improve your flexibility immediately.

Mobility – both static and dynamic stretching techniques to make lasting changes in your flexibility,

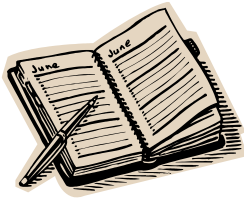
Stability – both local and global core stabilization techniques to connect forceful upper body movements with a stable base of support

Integrated Movement – training patterns instead of muscles to build functional strength, healthy movement, and a more injury resistant body.

* * * * *

Nick Swint is a physical therapist, an athletic trainer and strength & conditioning specialist. He currently owns and operates Swint Performance based out of Jacksonville, Florida, where he works with high school, collegiate and professional athletes, as well as a number of Olympic hopefuls. In addition to training competitive athletes, he also works with groups that he labels as “corporate athletes” and “tactical athletes” as well. If you are interested in online coaching and/or have a specific topic you would like Nick to cover, please feel free to reach out to him at swintperformance@gmail.com.

END OF WATCH 2019. . . .



Master Police Officer Joseph William Shinners
Provo Police Department, UT
EOW: Saturday, January 5, 2019

K9 Able
United States Department of Justice—
Bureau of Alcohol, Tobacco, Firearms,
and Explosives, US
EOW: January 5, 2019

Police Officer Dale James Woods
Colerain Township Police Department,
OH
EOW: Monday, January 7, 2019

Police Officer Clayton Joel Townsend
Salt River Police Department, TR
EOW: Tuesday, January 8, 2019

Police Officer Natalie Becky Corona
Davis Police Department, CA
EOW: Thursday, January 10, 2019

Trooper Christopher Lambert
Illinois State Police, IL
EOW: Saturday, January 12, 2019

Sergeant WyTasha Lamar Carter
Birmingham Police Department, AL
EOW: Sunday, January 13, 2019

K9 Haas
Duluth Police Department, MN
EOW: January 13, 2019

Supervisory Deputy US Marshal Norman
D. Merkel
United States Marshals Service, US
EOW: Wednesday, January 16, 2019

Deputy Sheriff Ray Elwin Horn, III
Comal County Sheriff's Office, TX
EOW: Thursday, January 17, 2019

Police Officer Sean Paul Tudor
Mobile Police Department, AL
EOW: Sunday, January 20, 2019

Lieutenant Robert "Bo" McCallister
Susquehanna Township Police Depart-
ment, PA
EOW: Sunday, January 20, 2019

Deputy Sheriff Joshua Bryan "LJ" Ryer,
Jr.
Glascok County Sheriff's Office, GA
EOW: January 25, 2019

K9 Chucky
Bexar County Sheriff's Office, TX
EOW: Tuesday, January 29, 2019

Corporal Shane Michael Totty
Baton Rouge Police Department, LA
EOW: Friday, February 1, 2019

Detective William Lee Brewer
Clermont County Sheriff's Office, OH
EOW: Saturday, February 2, 2019

Border Patrol Agent Donna Doss
United States Department of Homeland
Security - Customs and Border Protec-
tion - United States Border Patrol, US
EOW: Saturday, February 2, 2019

Trooper Lucas Bartley Dowell
Virginia State Police, VA
EOW: Monday, February 4, 2019

Officer Matthew J. Rittner
Milwaukee Police Department, WI
EOW: Wednesday, February 6, 2019

K9 Defender
BNSF Railway Police Department, RR
EOW: Thursday, February 7, 2019

Detective Brian P. Simonsen
New York City Police Department, NY
EOW: Tuesday, February 12, 2019

Agent Alfred Zanyet-Pérez
Puerto Rico Police Department, PR
EOW: Friday, February 15, 2019

Lieutenant Daniel Duane Hinton
Florida Highway Patrol, FL
EOW: Tuesday, February 19, 2019

Undersheriff Monty Thomas Johnson
Pawnee County Sheriff's Office, OK
EOW: Thursday, February 21, 2019

Police Officer Nicholas Scott Galinger
Chattanooga Police Department, TN
EOW: Sunday, February 24, 2019

K9 Doby
Fairfax County Police Department, VA
EOW: February 22, 2019

Sergeant Steve Hinkle
Sullivan County Sheriff's Office, TN
EOW: Tuesday, February 26, 2019

Police Officer Nathan Hayden Heidel-
berg
Midland Police Department, TX
EOW: Tuesday, March 5, 2019

Deputy Sheriff Jacob Howard Keltner
McHenry County Sheriff's Office, IL
EOW: Thursday, March 7, 2019

Corporal Daniel H. Groves
Colorado State Patrol, CO
EOW: Wednesday, March 13, 2019

Deputy Sheriff Ryan Shane Thompson
Kittitas County Sheriff's Office, WA
EOW: Tuesday, March 19, 2019

Police Officer Paul Thomas Rutherford
Phoenix Police Department, AZ
EOW: Thursday, March 21, 2019

Deputy Sheriff Peter Herrera
El Paso County Sheriff's Office, TX
EOW: Sunday, March 24, 2019

Trooper Brooke Jones-Story
Illinois State Police, IL
EOW: Thursday, March 28, 2019

Trooper Gerald Wayne Ellis
Illinois State Police, IL
EOW: Saturday, March 30, 2019

Detective Benjamin J. Campbell
Maine State Police, ME
EOW: Wednesday, April 3, 2019

Deputy Sheriff II Spencer Allen Englett
Forsyth County Sheriff's Office, GA
EOW: Thursday, April 4, 2019

Deputy Sheriff Justin Richard DeRosier
Cowlitz County Sheriff's Office, WA
EOW: Sunday, April 14, 2019

Police Officer Kyle Olinger
Montgomery County Police Department,
MD
EOW: Thursday, April 18, 2019

Conservation Officer Eugene Wynn, Jr.
Minnesota Department of Natural Re-
sources — Enforcement Division, MN
EOW: Friday, April 19, 2019

Special Agent in Charge Liquat A. "Leo"
Khan
United States Army Criminal Investiga-
tion Division, US
EOW: Tuesday, April 30, 2019

K9 Officer Jordan Harris Sheldon
Mooresville Police Department, NC
EOW: April 30, 2019

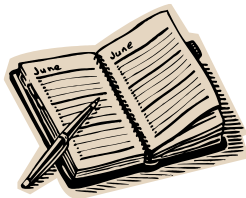
K9 Biggie
Florida Department of Corrections, FL
EOW: Saturday, May 4, 2019

Police Officer Robert McKeithen
Biloxi Police Department, MS
EOW: Sunday, May 5, 2019

Police Officer Anthony Neri
Sanibel Police Department, FL
EOW: Monday, May 6, 2019

Trooper Matthew Elias Gatti
Tennessee Highway Patrol, TN
EOW: Monday, May 6, 2019

END OF WATCH 2019 continued. . .



Constable Willie Houston "Hoot" West
Lowndes County Constable's Office, MS
EOW: Thursday, May 9, 2019

Sergeant Kelvin Ansari
Savannah Police Department, GA
EOW: Saturday, May 11, 2019

Police Officer William Buechner
Auburn Police Division, AL
EOW: Sunday, May 19, 2019

K9 Eli
Gwinnett County Police Department, GA
EOW: May 23, 2019

K9 Max
Portsmouth Police Department, NH
EOW: May 23, 2019

Police Officer Jesus Marrero-Martínez
Manatí Municipal Police Department, PR
EOW: Saturday, May 25, 2019

Lieutenant Joseph P. Johnson
Seminole Police Department, TR
EOW: May 30, 2019

Lieutenant Steven D. Whitstine
East Baton Rouge Parish Sheriff's Office, LA
EOW: May 30, 2019

Officer Albert Castaneda, Jr.
Grand Prairie Police Department, TX
EOW: June 7, 2019

Officer Esmeralda Ponce Ramirez
Los Angeles Police Department, CA
EOW: June 9, 2019

Sergeant David J. Fitzpatrick
The Colony Police Department, TX
EOW: June 10, 2019

Deputy Sheriff Julius "Jay" Dailey
Monroe County Sheriff's Office, AL
EOW: June 11, 2019

Police Officer Steven J. Brown
Port St. Lucie Police Department, FL
EOW: June 12, 2019

Trooper William Moden
Colorado State Patrol, CO
EOW: June 14, 2019

Patrol Officer John D. Hetland
Racine Police Department, WI
EOW: June 17, 2019

Police Officer Tara C. O'Sullivan
Sacramento Police Department, CA
EOW: June 19, 2019

Trooper Jerry L. Smith, Jr.
Nebraska State Patrol, NE
EOW: June 20, 2019

Corporal Jose L. "Speedy" Espericueta, Jr.
Mission Police Department, TX
EOW: June 20, 2019

Police Officer Michael V. Langsdort
North County Police Cooperative, MO
EOW: June 23, 2019

Deputy Sheriff Troy P. Chisum
Fulton County Sheriff's Office, IL
EOW: June 25, 2019

K9 Assuan
Marion Police Department, IN
EOW: June 27, 2019

Detective Luis Alvarez
New York City Police Department, NY
EOW: June, 29, 2019

Deputy Sheriff Carlos A. Ramirez
Kendall County Sheriff's Office, TX
EOW: July 2, 2019

Police Officer John R. Anderson
Metro Nashville Police Department, TN
EOW: July 4, 2019

Deputy Sheriff Omar Diaz
Harris County Sheriff's Office, TX
EOW: July 6, 2019

Deputy Sheriff Nicholas B. Dixon
Hall County Sheriff's Office, GA
EOW: July 7, 2019

Conservation Officer Shannon L. "Opie" Barron
Red Lake Nation Conservation Department, TR
EOW: July 7, 2019

K9 Cas
Whitley County Sheriff's Office, IN
EOW: July 10, 2019

K9 Havoc
Utah County Sheriff's Office, UT
EOW: July 16, 2019

Sergeant Michael Stephen
Stone County Sheriff's Office, AR
EOW: July 18, 2019

K9 Verro
Paulding County Sheriff's Office, GA
EOW: July 19, 2019

Detective Christopher Cranston
New York City Police Department, NY
EOW: July 20, 2019

K9 Jake
Alabama Department of Corrections, AL
EOW: July 20, 2019

Deputy Sheriff Benjamin Nimitz
Broward County Sheriff's Office, FL
EOW: July 21, 2019

K9 Windy
Riverside County Sheriff's Dept., CA
EOW: July 25, 2019

Police Officer Juan Jose Diaz
Los Angeles Police Department, CA
EOW: July 27, 2019

Detective James J. Biello
Atlanta Police Department, GA
EOW: July 28, 2019

Corr. Officer Pedro J Rodriguez-Mateo
Puerto Rico Department of Corrections and Rehabilitation, PR
EOW: August 1, 2019

Police Officer Raymond Harris
New York City Police Department, NY
EOW: August 4, 2019

Correctional Admin Debra Johnson
Tennessee Department of Correction, TN
EOW: August 7, 2019

Sergeant Jeffrey Cicora
New York State Police, NY
EOW: August 10, 2019

Officer Andre Maurice Moye, Jr
California Highway Patrol, CA
EOW: August 12, 2019

Deputy Sheriff Stephanie Schruers
Lyon County Sheriff's Office, IA
EOW: August 13, 2019

K9 Ozzy
Long Beach Police Department, CA
EOW: August 14, 2019

K9 Rocco
Vernal Police Department, UT
EOW: August 14, 2019

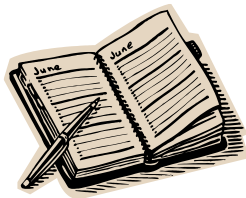
K9 Rambo
Greensboro Police Department, NC
EOW: August 16, 2019

K9 Thor
Deputy Sheriff Carlos Cammon
Orange County Sheriff's Dept., CA
EOW: August 23, 2019

Deputy Sheriff Jose Luis Blancarte
Kenny County Sheriff's Office, TX
EOW: August 23, 2019

Trooper Moises Sanchez
Texas Department of Public Safety-
Texas Highway Patrol, TX
EOW: August 24, 2019

END OF WATCH 2019 continued. . . .



Deputy Sheriff Jeremy Voyles
Chickasaw County Sheriff's Dept., MS
EOW: August 28, 2019

Undersheriff Stephen B. McLoud
Cayuga County Sheriff's Office, NY
EOW: August 29, 2019

Detective Joseph Paolillo
New York City Police Department, NY
EOW: September 9, 2019

Investigator Dornell Cousette
Tuscaloosa Police Department, AL
EOW: September 16, 2019

Police Officer Derrick Bishop
New York City Police Department, NY
EOW: September 19, 2019

Captain Vincent Liberto, Jr
Mandeville Police Department, LA
EOW: September 20, 2019

Deputy Sheriff Chris Hulsey
Meade County Sheriff's Office, KY
EOW: September 21, 2019

Sergeant Tracy Vickers
Florida Highway Patrol, FL
EOW: September 27, 2019

Deputy Sheriff Sandeep Singh Dhaliwal
Harris County Sheriff's Office, TX
EOW: September 27, 2019

Detective Brian Charles Mulkeen
New York City Police Department, NY
EOW: September 29, 2019

K9 EJ
New York State Police, NY
EOW: October 2, 2019

Border Patrol Agent Robert Hotten
United States Department of Homeland
Security-Custom and Border Protection-
United States Border Patrol, UD
EOW: October 6, 2019

K9 Hooch
Alabama Department of Corrections, AL
EOW: October 10, 2019

Trooper Peter R. Stephan
Indiana State Police, IN
October 11, 2019

Deputy Sheriff Matt Jones
Falls County Sheriff's Office, TX
EOW: October 11, 2019

K9 Sampson
Marion County Sheriff's Office, IN
EOW: October 10, 2019

Captain Albert Torres
Los Angeles Department of Recreation
and Parks, CA
EOW: October 12, 2019

K9 Rocco
Tulare County Sheriff's Office, CA
EOW: October 16, 2019

Deputy Sheriff Jake Allmendinger
Gallatin County Sheriff's Office, MT
EOW: October 19, 2019

