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# The Colorado Law Enforcement

# Officer

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OFFICERS' ASSOCIATION

## Habituation in Law Enforcement:

Avoid Being a Victim of Your Own Success

## Saving Lives

in The Zero Hour:

Your Toughest Assignment

## How to

Create a Warrior Mindset

## The 6 Cs

to Help People in Crisis

## Education Options

for Moving up the LE Career Ladder

## Officer Safety

&

Survival:  
Part 1 of 3

Summer 2012

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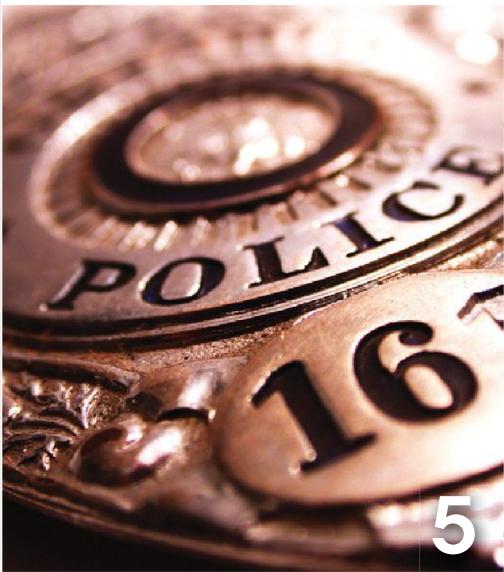
# Officer

The Colorado Law Enforcement



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the first of a three part series taking care of our finest

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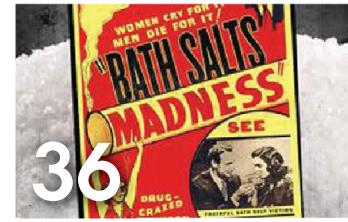


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Please contact [manager@cleoa.org](mailto:manager@cleoa.org) for more information on joining.

### FROM CLEOA'S PRESIDENT:

Today's law enforcement profession is requiring you to advance your education. Gone are the days where you hired or promoted within an agency with a high school education alone. There are a very few that haven't increased their educational requirements, but most agencies have.

Officers and applicants are experiencing a greater financial burden to attain these educational goals. But if you don't increase your education, you will be left behind in the law enforcement profession. While there is support available for financial aid -- in the form of grants, scholarships, and tuition reimbursement programs, most Officers will need to take out some student loans to achieve their education goals.

CLEOA is here to help enhance your education. Whether that be in a higher education institution, where we can provide up to \$500 per student per year in scholarship money, or through individual training programs that offer discounted rates through our FREQUENT TRAINING PROGRAM, or by creating a "mini expertise" with our affordable NEW CERTIFICATE PROGRAMS available beginning in 2013, CLEOA can help.

This is a great benefit to Officers who want to advance in their careers, either by moving up the career ladder, or moving into a new area of expertise. Many agencies will credit life experience and training certificates and award credit for this work. These credits can decrease the time spent working on your degree. Take advantage of new educational delivery systems, taking your classes online, instead of attending a "brick and mortar" school. This will help you move through your degree process faster, and still be able to balance work, education and your personal life!

As you begin your career in law enforcement, or look to move up the career ladder, keep in mind the ever increasing demand for education and use all of the resources available to help reduce costs. Research your options, let CLEOA help you, and don't stop until you achieve your goals!

**Sincerely,**

Duane Oakes  
President  
CLEOA



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# CLEOA Member Profile



## The Colorado Law Enforcement Officers' Association

Formerly the Colorado Sheriffs' & Peace Officers' Association

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## The Colorado Law Enforcement Officer magazine

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## CLEOA MEMBERS OF THE YEAR

Celebrate those who exemplify the heroic pursuit of justice!

### **Denver Deputy District Attorney AnnMarie Spain**

“Despite numerous legal obstacles and countless acts of intimidation, Ms. Spain rose up to meet these challenges head on. Nearly five years after the murder of witness Kalonnian Clark, all three defendants were found guilty and are serving life sentences without parole. Thanks to Ms. Spain's unyielding pursuit of justice, personal sacrifice, and dedication, our community is a safer place.



### **Craig Police Officer Mike Edwards**

“On the evening of February 7, 2012, you responded to a structural fire. As you approached the structure, you heard someone inside. You kneeled below the smoke, entered the structure, and dragged the man to safety. You went above and beyond the call of duty. You did everything the right way given the circumstances and not having the proper equipment. You are well-deserving of this award. We commend you for your heroic actions.



### **Craig Police Officer Lance Eldridge**

“On the evening of February 7, 2012, you helped save the life of a fellow officer who had gone into a burning structure to save one of the residents. You pulled the officer and resident to safety. You went above and beyond the call of duty. You did everything the right way given the circumstances and not having the proper equipment. You are well-deserving of this award, and we commend you for your life-saving efforts.



### **Craig Police Sergeant Corey Wagner**

“On the evening of February 7, 2012, you helped save the life of a fellow officer who had gone into a burning structure to save one of the residents. You pulled the officer and resident to safety. You went above and beyond the call of duty. You did everything the right way given the circumstances and not having the proper equipment. You are well-deserving of this award, and we commend you for your life-saving efforts.

*(To submit your unsung hero story, please send an email to [LISA@CLEOA.org](mailto:LISA@CLEOA.org), with 200 words about your Hero and two photographs.)*



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# OFFICER SAFETY & SURVIVAL

*The first of a three part series taking care of our Finest.*



In 1928 John Augustus Shedd wrote:

"A ship in harbor is safe, but that is not what ships are built for."

The men and women in law enforcement may be safer  
in a different career, but that is not who they are.

This issued is dedicated to keeping our law enforcement safe as they sail away from the harbor.

-- *John Nicoletti, Ph.D., ABPP Board Certified Specialist in Police and Public Safety Psychology*



# Becoming a victim of your own success:

John Nicoletti, Ph.D., ABPP  
Dr. Sara Garrido, Psy.D



THE DANGERS OF HABITUATION  
IN LAW ENFORCEMENT.

WHAT DOES IT LOOK LIKE AND  
HOW DO YOU AVOID IT.

WHAT IS IT?

Habituation is defined as a decreased responsiveness after repetitive exposure to moderately intense environmental stimulus (Barker, 2001). For the average person, habituation is helpful, useful, and a time saver in our daily lives. For example, habituating to background noise in the workplace leads to higher levels of concentration, performance, and efficiency (Loewen & Suefeld, 1992). However, for law enforcement officers, habituation can lead to negative or even fatal consequences. As an officer becomes more skilled in a task or certain type of call, the brain's demand for energy decreases. Therefore, every time an officer responds to a routine call with a predictable outcome, the brain assumes an expected series of events and therefore lapses into autopilot. This may reduce an officer's attention, vigilance, and responsiveness to the environment thereby increasing the potential for them to underestimate levels of risk. For example, when responding to a routine noise complaint in an apartment complex, an officer may miss an armed individual hiding in a stairwell, as this risk is unexpected given the otherwise routine nature of the call. Additionally, if training occurs at low arousal levels (such as in a lecture format) an unintended consequence may be that recruits do not develop a reasonable understanding of their risk vulnerability and they may be less motivated to learn about how to avoid exposure to such dangers (Burke, et. al., 2011).

# WHAT ARE THE SIGNS OF THE HABITUATION RESPONSE?

1. **Outcome Thinking:** Outcome thinking is where the individual focuses on 'trophies' instead of 'techniques'. In athletes that means focusing on scoring rather than the techniques necessary to accomplish the goal of scoring. In the world of law enforcement that may mean rushing through and focusing on task completion (i.e. writing a ticket or arresting a drunk and disorderly individual) rather than officer safety. This type of thinking will lead to tunnel vision and not allow the brain to decode the changing environmental conditions in a timely manner in order for the officer to adjust accordingly.
2. **Cynical Thinking:** This involves statements such as 'here we go again', 'not another one of these', 'why do I get stuck with these calls', 'these calls are bullshit', or 'these calls are so predictable'. As cynicism increases, attention to risk and the "street smart" mindset tends to decrease. Critical thinking on the other hand may actually be beneficial in terms of preparing for and responding to calls. The assumption that risk is ever present may serve officers to be more prepared for negative outcomes thereby prompting quicker action when a threat is recognized.
3. **Lack of Anticipatory Thinking:** Anticipatory thinking or "what if" thinking represents the process of recognizing and preparing for potential risk even before any risk is encountered. It involves paying attention to details and actively training the mind to stay alert and maintain a clear focus in any situation in preparation for danger. A lack of anticipatory thinking may lead officers to be caught off-guard leading to an initial reaction of shock when encountering a threat. Unanticipated threats and the corresponding moment of shock can put officers at a dangerous disadvantage.

## WHAT CAN BE DONE TO PREVENT THE HABITUATION RESPONSE IN THE ACADEMY AND FTO PHASES?

1. Introduce novel and changing environmental stimuli and conditions during training on a variable ratio and variable interval basis. This will disrupt the brain's tendency to habituate.
2. Educate recruits on the physiology and neurology of the habituation response but rely primarily on experiential-based and hands-on methods of training (as opposed to lectures or other passive methods of training) where recruits are encouraged to learn from their own training errors and the errors of experienced officers that have led to injury or death. Research has shown that this type of engagement in learning is more effective and is positively related to a more adaptive transfer of knowledge, a higher level of safety performance, increased reliance on anticipatory thinking, a greater reduction in accidents and injuries, and a decreased tendency towards habituation (Burke et al., 2011).
3. Teach the recruits on being 'Process Oriented Thinkers' instead of 'Outcome Oriented Thinkers'. Process-oriented thinking involves mentally rehearsing the steps to reach a desired goal (i.e. officer going through a mental checklist of officer safety procedures on a call) whereas outcome-oriented thinking merely encourages an individual to focus on the end state they want to achieve (i.e. clearing the call).

## WHAT CAN BE DONE TO OVERRIDE THE HABITUATION RESPONSE IN THE FIELD

1. Always assume Probability of Occurrence regarding the Habituation Response is 1.0. Meaning that we are always susceptible to its occurrence.
2. Engage in 'Anticipatory Thinking' prior to and during contact. The more conditioned an individual becomes to plan for contingencies the more likely they will be able to act faster, with less conscious thought, when necessary.
3. Practice 'Anticipatory and What If thinking' away from the job in order to create 'Positive Muscle Memory Responses' to novel environmental conditions.
4. Always conduct a post incident 'Personal Response Audit' in order to improve in the psychological override area.
5. Ensure that healthy coping and stress management skills are being used to prevent symptoms of burnout and dangerous levels of habituation. \*

## CONCLUSION

In closing, the Habituation Response is something to which we are all susceptible. However, in those situations in which it becomes detrimental, it can be overridden by awareness and the activation of appropriate countermeasures.

## REFERENCES

1. Barker, L.M. (2001). Learning behavior: Biological, psychological, and sociocultural perspectives. (3<sup>rd</sup> ed.). Upper Saddle River, NJ: Prentice Hall.
2. Burke, M.J., Salvador, R.O., Smith-Crowe, K., Chan-Serafin, S., Smith, A., & Sonesh, S. (2011). The dread factor: How hazards and safety training influence learning and performance. *Journal of Applied Psychology*, 96, 46-70.
3. Loewen, L.J. & Suefeld, P. (1992). Cognitive and arousal effects of masking office noise. *Environment and Behaviour*, 24, 381-395.

# REMEMBER THE 6 C'S TO HELP PEOPLE IN CRISIS

Tony Pinelle

## 1. CAUTION:

Keep your distance, gather as much information as necessary to deal with the individual. Take your time, observe and listen. Do they appear to be speaking with someone you can't see or is not there? Is the subject making physical gestures?

## 2. CALM:

You must be calm and remain calm to be successful. Don't pump the subject with adrenaline. Remember the person's ability to cope is exceeded, their ability to problem solve is severely impaired. Speak evenly and slowly.

## 3. COURTESY:

Be courteous, but firm, speak clearly and concisely. Treat them as you would want to be treated under similar circumstances.

## 4. CREATE RAPPORT:

Let the subject vent – use active listening- be patient. Expect resistance, understand the difference between reasonable resistance and severe resistance. Reflect empathy, always project a "how can I help" attitude. Encourage use of first names.

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## 5. CLOSE THE GAP:

Respect the subject's personal space – be in their space, but not in their face. If you invade their personal space effective communication will diminish. Less equals better communication and you have the tactical advantage. If you do have to resort to a physical control technique, immediately reassure the subject they are going to be okay, encourage them to breathe and continue talking calmly.

## 6. CONSIDER ALL RESOURCES:

Not all subjects belong in jail. Find other alternatives. Mental health agencies, churches, advocacy centers and other service organizations.

**KEEP IN MIND THAT WE ALL SUFFER FROM CRISIS FROM TIME TO TIME IN LIFE.**



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# Arming Yourself for A Warrior-Mindset

Jonathan Thompson



## ***Officer survival is preparation – pure and simple.***

Most experts agree there are two types of preparation: mental and physical. Mental preparation is the more important of the two, but the hardest to master. Many peace officers are hearing about “warrior mindset”, traditionally associated with military conflict. What is the Warrior Mindset? It’s the adoption of an ethos – or guide- to daily life, an understanding that conflict exists all around us, and in order to overcome conflict, violence may be required. The warrior understands this and is constantly training/conditioning his or her mind and body. Before you can internalize the Warrior Mindset you must know yourself, and ask yourself a few questions:

- 1. Has my training prepared me for the worst case scenario?**
- 2. What skills and tactics will I be able to use when the moment comes?**
- 3. Will I perform as I expected?**
- 4. Have I developed the proper mindset to successfully initiate a reasonable use of force and finish as the winner?**

**why JOIN the ALL-NEW CLEOA? Go to page 4!**

## "An officer's ability to intervene against death is as much of a warrior skill as proficiency with a firearm."

Some argue that pure willpower or strength of spirit will help them emerge as a winner. While there is support for determination, that alone should never be the primary weapon in your arsenal. As a young Green Beret assigned to 10<sup>th</sup> Special Forces Group (Airborne), a widely respected warrior shared a scenario that helped me understand the limits of willpower. He said, "Image that you are awoken in the middle of the night by a professional basketball player. He tells you that he will let you and your wife live if you beat him in a Game of 21." The Warrior went on to say, "no matter how hard you try or how determined you are to beat the player, you do not have the skills required to win."

His point was clear: Willpower **must** be paired with intense training in order to finish as a winner.



Quality training will often satisfy the physical side of warrior preparation which includes being physically fit – not a world class athlete – but a healthy weight, with regular exercise. Your degree of fitness could be the deciding factor in a life or death situation. Physical prep includes sharpening ALL of your Warrior Skills – shooting, defensive tactics, driving, and more. Often overlooked is a peace officers ability to save HIS/HER own life – and/or the life of a wounded officer. Your ability to intervene against death is as much a warrior skill as proficiency with a firearm! \*

*By Jonathan Thompson, a former Special Forces Medical Sergeant, Founder and President of the Life Saving Consulting Group, LLC and co founder of the Survival, Treatment and Rescue (S.T.A.R.) Course.*



**"It will come as a result of training and routine application. Once you have the mindset and your warrior skills are honed, you will be equipped to manage even the most challenging of circumstances. Remember, the Warrior Mindset is "The adoption of an ethos, or guide to daily life – an understanding that conflict exists all around us." If we prepare for conflict on a daily basis, then Officer Safety will naturally increase!"**



### Quality training must be:

1. **Demanding:** Does it challenge me to my limits and push me beyond them?
2. **Realistic:** Do I believe it will work?
3. **Frequent:** Am I training enough to be effective?
4. **Proven:** Has it been tested in the worst of situations?

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\* The conference is open to all Public Safety Agencies. Attendees of the conference must be currently employed by a Public Safety Agency.



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Joe Deedon

# ZERO

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Professionals in law enforcement agree that responding to an **active** gunman who is moving through **the halls of a** school, corridors of a local shopping mall or the aisles of a supermarket is **tough** assignment for Law Enforcement Agencies to prepare for. The challenge is against precious time. On average, an active **gunman** takes a life every 15 seconds once **the** shooting begins. It is critical for Officers to effectively intervene/interrupt as soon as possible to stop the loss of life.

**Active Shooter response training is not a new concept within law enforcement.** Columbine High School's shooting on April 20, 1999 in Littleton, CO, is considered the impetus for active shooter response training, which became a major focus within Midwest LE due to this unfortunate new trend of violence. In the "post Columbine era" agencies began to focus more on preparation of a pre-planned attack such as Columbine, which was literally the in history of Americas schools.

Our local agencies – for the most part – are prepared with policy on paper and group tactics to deal with an active gunman on patrol. Whether it's a standard, old school "Diamond", "Modified T" or "Linear" type response, at least there is some plan in place. Most of these older plans include a "four plus" response, restricting officers to engage when there are less than four officers on scene, or a very complex 8-12 group response designed for tactical teams who have the luxury of working with the same group of officers on a regular basis.

**"Columbine was the first pre-planned attack on a school in American History"**

These situations are not routine domestic violence, DUI arrests or lost foot pursuits – there are no do-overs! How an agency responds to a situation as intense as Columbine will be scrutinized and highly visible for years to come, as we have experienced firsthand here in Colorado.

**Modern Lone Wolf Training focuses on an immediate single or two officer interdiction or interruption, because slower, complex, manpower restrictive responses won't be quick enough or effective when** an average police officer is tasked to execute under extreme pressure. Modern Active Gunman: Lone Wolf training\* focuses on simple tactics that provide officer's with some baseline tactics that will increase their probability of survival and success. The new concepts in effective training prepare an officer with the right MINDSET to respond alone, or with a partner to active gunmen.

It wasn't until the Jefferson County Sheriff's Office and The Jefferson County Regional SWAT team's response to the Platte Canyon High School incident in 2006, that critics finally quieted their opinions about the Columbine response. After the Platte Canyon incident, in which a single gunman entered the Park County High School, barricaded himself in an English classroom holding several students hostage. The incident ended when the Jefferson County Regional SWAT Team and bomb techs executed a dual explosive breach upon entering the classroom. Officers on the scene held their heads high, because it proved they were prepared. Along with Park County Sheriff's deputies, the Jefferson County Sheriff command staff, and a former SWAT team leader, Sgt. Grant Whitus, were responsible for the positive outcome that day.

*Continued on page 14*

**"It wasn't until the 2007 VA Tech incident when 32 lives were during a rampage carried out by a single gunman that agencies started to actively prepare their personnel for an active shooter incident"**



Grant made it very clear his team would be well prepared for mass shooting and hostage rescues, and he insisted on training inside school buildings with bomb techs honing their explosive breaching skills.

Everyone on the team knew what was expected, they possess the confidence that only comes from preparation and being surrounded by skilled professionals ready to perform under extreme circumstances. A true Warrior mindset was instilled in our Jefferson County Regional SWAT Team operators.

**TAC\*ONE CONSULTING**, is a law enforcement consulting company, dedicated to providing quality, challenging and aggressive training, such as the "Lone Wolf". TAC\*ONE has never lost sight of the importance of being truly prepared with scenarios that test not only tactics, but also the individual officers' use-of-force decision making skills. An officers' actions during various isolation drills within the course provide good indication of the type of thoughts, social upbringing, values and the many theories taught during their previous trainings. One exercise in our Lone Wolf training tests this mindset, and measures whether the Officer will respond appropriately to a 100% shoot scenario. Typically only 20% respond immediately, and shoot the gunman, the way they should to save

lives. Whether the student is a veteran Officer, straight from the Academy, from an agency of 10, or an agency of 400 – predictably, less than 20% will inherently act correctly with a shoot to kill response. This is a scary indicator of the amount of improving needed for "Old school" training. We focus on rewiring Officers for immediate aggressive actions in an Active Gunman Scenario, which will NOT be the same response for regular/daily patrol duty.



After completing the Lone Wolf experience, a Deputy in his 40's approached our instructor, Joe Deedon. "I have to be honest," he said, "When you walked in here I thought – 'what is this young punk going to teach me' – I owe you an apology", said the Deputy. "This was the best (expletive) class I have been to in my 20 plus years on the job. You should be proud of yourself."

Receiving a comment like that from a seasoned veteran gives me goose bumps. \*



**"I knew I had forever changed the sheriff as a LE Officer from that point forward"**



TAC\*ONE Consulting is working with CLEOA to deliver several training courses over the next few months, including "Lone Wolf", "Female only tactical Pistol," and more.

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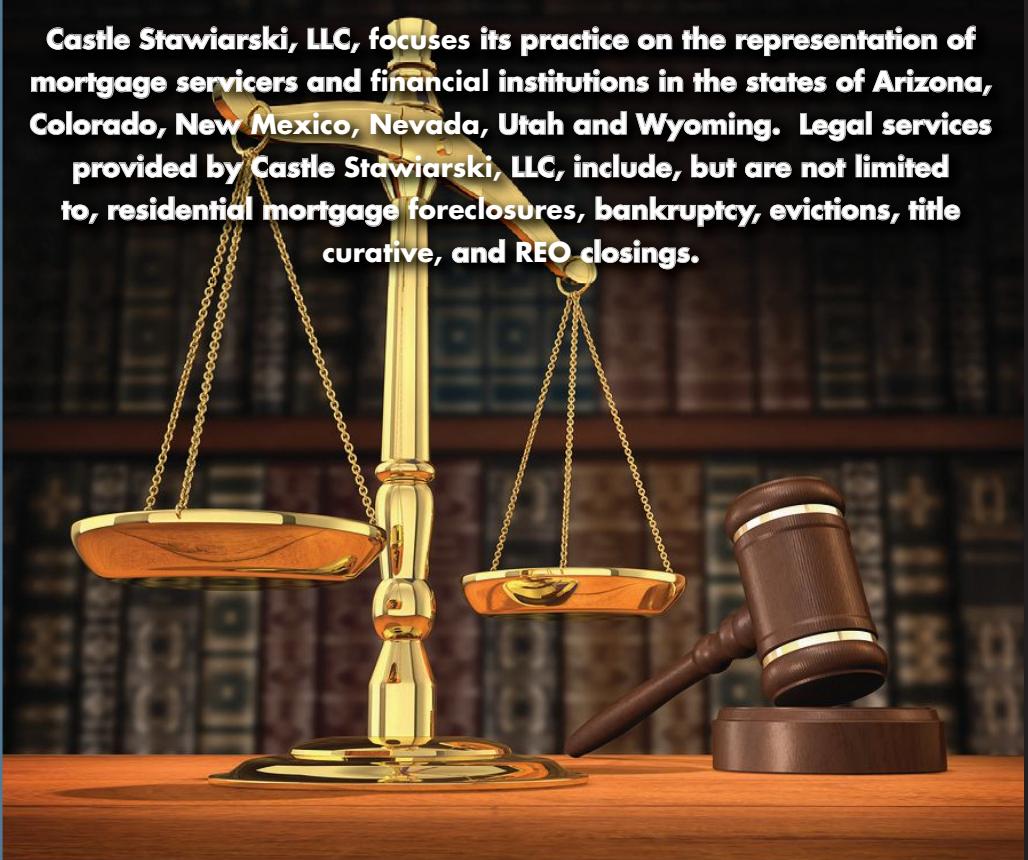
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**Living with the Sacrifice (Reproduced with Permission from Police One)**  
with Barbara A. Schwartz

# Supporting the officers of Aurora PD

Officers in Aurora, Colorado are living with the sacrifice of answering an active shooter call with multiple injuries. As the shock wears off, the reality of what happened will set in. Most officers will do fine. Others will need support.

According to the research and science in post-traumatic growth, social and peer support can be the most important aspect in a person's healing. The law enforcement community needs to rally around the officers who answered the call at that theater and those who put their life on the line to diffuse a booby-trapped apartment. These officers need our support, our compassion, and a nonjudgmental environment in which to heal.

Let's give that to them.

After Columbine, I interviewed the Jefferson County, Colorado SWAT commander. He emphasized that the media bashing officers received after the incident affected their ability to heal and productively process the trauma of the shootings. The last thing officers need in the aftermath of such an incident is second-guessing by talking heads, the "experts" the news media employs, and fellow officers.

Let's stand behind Aurora's first responders. We know they did their best under trying and dangerous circumstances.

I advise the officers and deputies who responded to the shooting to put words to their horror. Talk to someone you trust. Write your feelings down to release and process the emotions and anger. Remember to get adequate rest, exercise, and nutrition. Refrain from hitting the booze.

Aurora PD provides psychologists to assist their officers. I urge officers to take advantage of those resources.

I applaud Chief Oates for his "emotional leadership" and his public showing of compassion and support for his officers. Chief Oates' exceptional handling of the press has portrayed his agency, and all of law enforcement, positively to the world.

PoliceOne wants all officers to know that we are here for them. Please don't suffer alone. If you need someone to talk to, someone to listen, just send an email. [barbara.schwartz@policeone.com](mailto:barbara.schwartz@policeone.com).

We will listen and connect you with people who care, who have served in the trenches as you have, and understand the ordeal you were called to on Friday.

The right response to the officers in Aurora is: Whatever you need, just ask. Your brothers and sisters in blue have your back.

We understand the sacrifice you are now living. \*



## About the author

Barbara A. Schwartz retired after 30 years with NASA in Houston where she worked in Mission Control and Astronaut Training. She is a former reserve officer serving in patrol and investigations. She has been writing about law enforcement officers since 1972 and has been a contributing feature writer for American Police Beat for the past 10 years. Her articles and book reviews have also appeared in Command, The Tactical Edge, Crisis Negotiator Journal, The Badge & Gun, The Harris County Star, The Blues, and The Police News.

Schwartz earned a degree in Aeronautical and Astronautical Engineering from Purdue University with electives in Criminal Justice and Criminology. She helped fund her education by working for the campus police department.



## CLEOA'S Frequent Training Program (FTP) • Call 303.420.4290 to sign up!

Please visit [CLEOA.org](http://CLEOA.org) for a complete list of training programs, including dates, and locations.



### Join as a Department:

We know your departments need focused, relevant, affordable training to update their knowledge/skills. We also know budgets are tighter than ever – **CLEOA wants to help**. We have developed a cost saving program that will allow your department to pay a **FLAT ANNUAL FEE** based on the size of your team, to send as many team members as you want to any of CLEOA's \$100 classes for a full year.

### Join as an Individual:

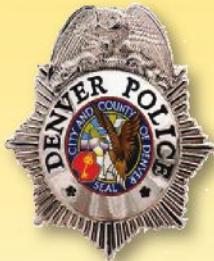
If you have training goals above/beyond what your department can support, then join our FTP program as an individual!

Annual dues are \$250 for the FTP; you can take an unlimited number of our \$100 classes and take an additional 50% off all classes over \$100 that are scheduled between now and October 2012!

# Mark your calendars!

## NAWLEE

NATIONAL ASSOCIATION OF WOMEN LAW ENFORCEMENT EXECUTIVES



**NAWLEE Denver 2013  
will be held in Denver!**

**July 31, 2013 - August 4, 2013**



Go to [www.NAWLEE.org](http://www.NAWLEE.org) to register!

# CLEOA Workshops

Please visit CLEOA.org for a complete list of training programs, including dates, and locations.



**CLEOA provides a wide variety of affordable, relative, hands on training programs designed to enhance the knowledge and skills of our Colorado Officers. The following list of courses are scheduled for the second half of 2012.**

**1**

## Evidence Collection - Burlington

### Course Description:

This course is designed for the patrol officer as well as CSIs and investigators – anyone who is tasked with the identification, documentation, collection, and preservation of evidence. Topics will include crime scene management, recognizing the importance and value of different types of evidence, collection procedures, proper packaging, photographic and written documentation, and chain of custody issues.

**2**

## Sexting Investigations

### Course Description:

During this 8 hour session, students will learn what "Sexting" is and how to deal with it from a legal standpoint. This class will cover topics ranging from legal definitions and issues, relevant statutes, and basic recovery of information from mobile communication devices. We will also cover Social Media and the challenges faced in recovering data from devices using "apps". This class will provide students with a basic understanding of how "sexting" cases become of interest to ICAC Detectives. Students are encouraged to share their experiences and issues while investigating these types of cases.

**3**

## Female Tactical Shooting: Pistol

### Course Description:

20 / 30 Hour Female Tactical Pistol / Rifle Course  
Pistol / rifle shooting skills will be honed and tested throughout this course by participating in both live fire and simmunition exercises which are challenging and stressful in nature in an all female environment. Participants will walk away with added confidence in their shooting abilities as well as their ability to perform under pressure in high stress situations. Not only is this a great opportunity to improve those skills that are critical to officer survival but a great way to network with other area female law enforcement officers. Although students can sign up for just the pistol course if desired but are recommended to attend the third day tactical rifle portion as well.

### Areas of Emphasis:

- Equipment considerations
- Reloading / Malfunction clearing
- Natural Point of aim (rifle & pistol)
- Movement shooting
- Decisional shooting considerations
- Various shooting positions applicable to patrol work
- Correctly working cover and identifying options in different environments
- Firearm manipulation
- Multiple target acquisition
- Managing stress
- Threat identification

**4**

## M.U.S.T. SHIELD Instructor Level Class:

SAVE HUNDREDS OFF RETAIL!!!

Join us for this exciting one time special class at an amazing price!

M.U.S.T. SHIELD INSTRUCTOR LEVEL CLASS

Featuring Multi Use Shield Technology

Who should attend? Firearms instructors, SWAT instructors, Team Leaders

More information will be posted next week, but please reserve your space now, class size is limited!

Instructed by: Mike Ott, Diamond Back Tactical

**6**

## LEGAL CLASS: Use of Force (Qualified Officer Course) Burlington

### Course Description:

The purpose of this presentation is to clarify the question of when is force excessive and how the U.S. Supreme Court evaluates law enforcement's use of force. "When is force excessive?" The presentation covers four of the most important cases the U.S. Supreme Court has decided that define when law enforcement officers are civilly liable for uses of force. The presentation reviews the use of deadly force, non-deadly force, how reasonable force is measured and the two-step approach to qualified immunity for officers in use of force situations.

**5**

## ACTIVE SHOOTER:

## Lone Wolf: Active Shooter First Responder - Pueblo

### Course Description:

Single Officer Response to an Active Shooter: Lone Wolf  
Historically gunmen do not attempt to escape once the shooting begins but either give up or take their own lives once confronted by authorities. It is imperative that law enforcement officers act quickly to stop the loss of lives. In most cases this may mean going it alone until additional officers arrive.  
  
The "Lone Wolf" will cover the theories behind life preservation and the one/two officer response to an active gunman. The simmunition based scenarios will challenge the students decision making, test their mindset and teach them how to apply those theories correctly. Emphasis will be placed on how to stop the loss of life and successfully engage the threat.

Scan this with your smart phone to get complete info on the workshops available.



**why JOIN the ALL-NEW CLEOA? Go to page 4!**

# AVOIDING TOXIC BEHAVIORS

## AN EASY PROCESS FOR A BALANCED LIFE

**Use your FTP!**  
(see page 16 or 24 for details)

## TWO DATES

**DATE:** August 10, 2012 / Woodland Park Police Department

**DATE:** September 14, 2012 / Johnstown Police Department

**COST:** \$100/Per Person for CLEOA Members; \$125 Non Members

**ATTENTION  
OFFICERS!**



### Course Description:

Law enforcement officers have a lower life expectancy compared to the population they serve. Stress, trauma, and shift work impact our health, influencing our rates for heart disease, stroke, diabetes, cancer, alcoholism, and suicide.

Wellness is more than just a lack of illness; and it is not limited to simply a healthy diet and exercise. Wellness is a state of being in which the mind, body, and spirit are in balance, functioning at optimal levels, integrated and inseparable.

Using an OODA Loop approach, this course will outline our current state of health, as Americans and LEOs, and introduce you to tools for assessing goals, resources, and information to begin making positive changes.

If you have been called to serve in law enforcement, this noble vocation, your career will probably span at least 30 years. Learn how you can thrive today, and prepare for 30 additional years in retirement.

### WE WILL DISCUSS HOW TO AVOID:

- Self-medication with painkillers
- Increase in the amount or frequency of drinking or other substance abuse
- Abuse of power, including domestic violence in your own relationships
- Excessive indulgence in sick humor
- Depression
- Increased absenteeism from work
- Serious consideration of changing jobs
- Contemplation of self-destructive actions

### AND HOW TO:

- Create Life Balance
- Set Goals for physical and mental health

**Use your  
FTP!**

(see pg 16 or  
24 for details)

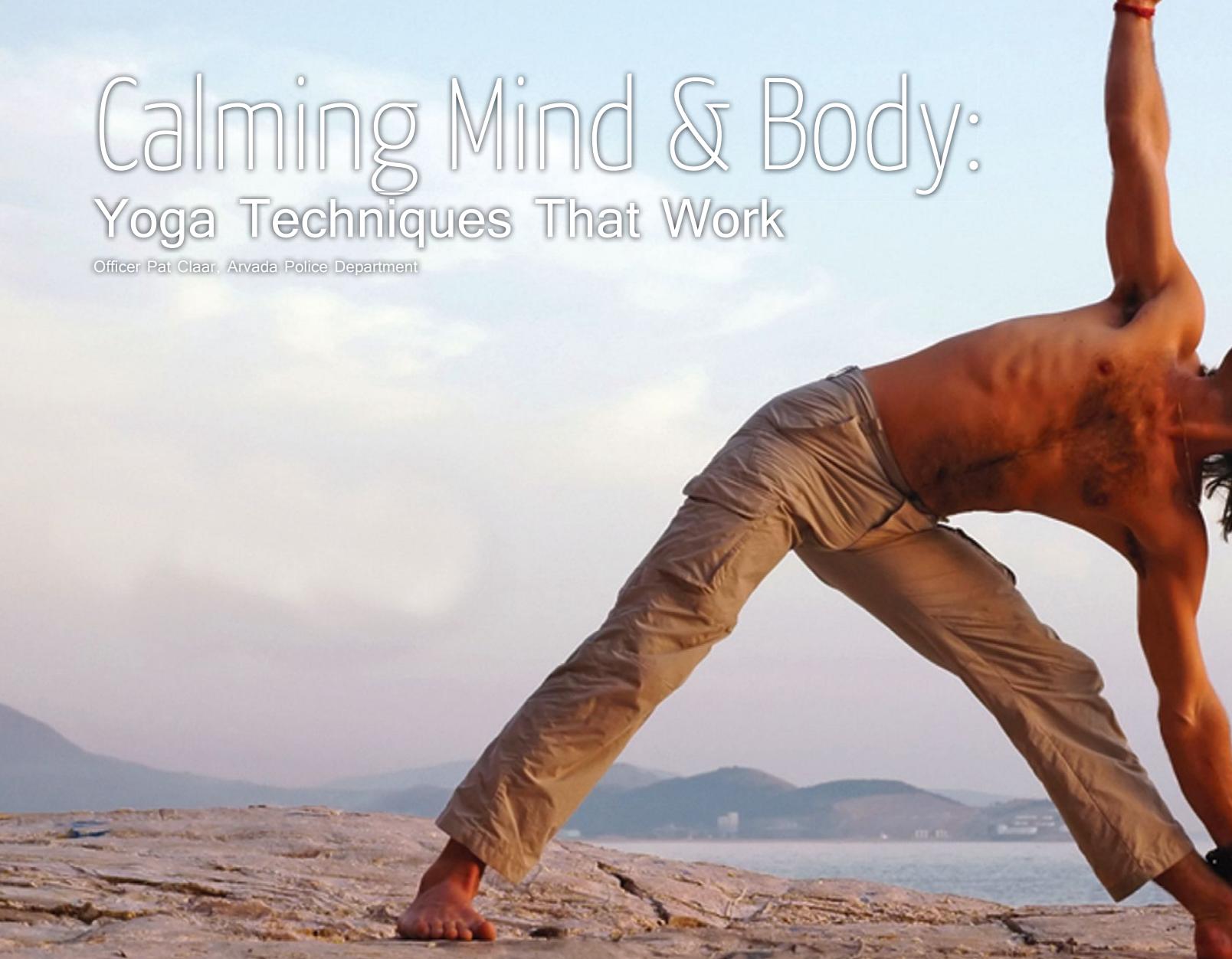
**Call CLEOA at 303.420.4290 or  
go to [CLEOA.org](http://CLEOA.org) to register**

### About the Presenter:

Detective Danny Veith has 27 years of experience as a police officer in the Denver area. In 2008 he implemented the "Employee Assistance and Wellness" program at the Denver Police Department. For the past 20 years, Danny has volunteered in a peer support capacity and currently serves as the coordinator for the DPD Peer Support Program.

# Calming Mind & Body: Yoga Techniques That Work

Officer Pat Claar, Arvada Police Department



**Stress management, good health practices and overall physical fitness are important to everyone. But policing takes these needs to whole different level. Throughout my career, overall fitness was something I worked on regularly – both because of the demands of active patrol work, and to manage the boredom associated with down times during shifts. The physical/emotional rush of adrenaline during a call and the opposite when on desk duty. The sedentary lifestyle and poor eating habits causes significant problems with your back, joints, heart disease and more.**

Over the years, law enforcement training has stepped up focus on many health related issues and departments are supporting their staff to recognize and address these pitfalls. But at the end of day, it's the officers responsibility to take control of their health .

As you think about your health and wellness, consider yoga! Yes yoga, an effort to do something for yourself which will affect your overall well-being long after your yoga class has ended. I started into a local class a few weeks ago mostly because my wife did not want to go by herself, but I had also always "thought about doing that-Yoga." It didn't take long to bring me to the realization that I need this badly. All my little aches and pains, and there are many, surfaced soon into the session. Breathing is a big part of all things yoga, and developing "core strength" were two things I needed badly.

My wife and I now have branched out to using our Wii-Yoga workout and have gotten a beginner Yoga DVD for home so we can do more than the once a week early evening session at City Hall. I have also experienced colleagues stopping by and asking what I thought, showing interest in giving it a try, and of course saying, "I always thought about doing that." It is time to dip your toe in the water and give it a try. The DVD's are good and other self-guided sessions will help you understand where this is going, but attending a class I believe works the best because you will have someone there to help with correct positioning and amount of time to hold a pose. When you are on your own you may not be as hard on yourself as needed to progress. Give Yoga a try for yourself! "Namaste." \*

### 3 Benefits of Yoga Practice for Law Enforcement:

As a law enforcement officer, yoga can sharpen your mental and physical response to a situation and lower your stress reaction.

**1. IMPROVED FLEXIBILITY & BALANCE:** "I'm not flexible, so I can't do yoga." Or "I don't think I'll be good at it. No one is "good at it" at first. Yoga is not about being "GOOD"; it is about being PRESENT and accepting yourself in the moment. Flexibility? It will improve as you develop your practice, so will balance, core strength and spine health.

**2. CLEARER THINKING & DECISION MAKING:** Quick thinking and clear decision making are important in police work. Proper breathing techniques release tensions, relax our state of mind, balance our nervous system and encourage creative thinking. By increasing the amount of oxygen we send to the brain, we improve mental clarity and alertness. Surprisingly, many people use only half their lung capacity!

**3. BALANCE OF MIND & BODY:** Yoga pairs breathing with physical movement, creating a mind and body connection. Benefits of yoga postures include, increased muscular strength, less aches and pains from sitting or standing for long periods. These physical and mental benefits begin showing up during your mat workout early on. Then, as we deepen our practice, changes in our behavior off the mat occur, spilling positively into our personal and professional lives!

"After the first session I found myself recognizing the benefits of proper breathing as part of everyday life .. I noticed some of my chronic aches and pains were not as prevalent"

### Perks of Yoga

By Julia Scott

Quoted from Julia's "bargain hunter" blog, referencing an article in The Journal of Sexual Medicine, "Volume 4, Issue 6, pages 1726–1732, November 2007

Forget Good Vibrations. A new study says yoga can help men perform in bed. All that slow breathing and pelvis strength that yoga builds, apparently. Here's the low down from a blog called That's Fit: "According to a study out of India, and published in a recent issue of the Journal of Sexual Medicine, men who practiced yoga on a regular basis had less instances of premature ejaculation. Following a group of men, all of whom admitted to regularly having premature ejaculations during intercourse, researchers found that practicing an hour of yoga each day for 12 weeks helped them triple the time they normally lasted in bed."



**Namaste** (/n m st e /NAH-m st ay; Hindi: [n m st e ]) is a common spoken valediction or salutation originating from the Indian subcontinent. It is a customary greeting when individuals meet, and a valediction upon their parting

### Yoga Instruction for Law Enforcement Officers

*Customized for your group, right at your facility!*



Mention this ad to receive a 50% discount on the first session for your group

Keep your cool on the mat and on the job; decrease stress; tune into your senses; increase awareness; learn to use breathing techniques to lower stress response; increase core strength, coordination, balance and flexibility.



Lora McKelvey, RYT 200 certified yoga instructor

**303.396.2355**

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# HOT GEAR PRODUCT SHOWCASE

FOR MORE INFORMATION ABOUT THE PRODUCTS IN THIS SHOWCASE:

- >> SCAN THE **QR code**
- >> CALL **303.421.1515**
- >> VISIT [www.precinctpoliceproducts.com](http://www.precinctpoliceproducts.com)



The **VTAC RUSH24** backpacks were designed by Kyle Lamb, a guy who has certainly tread his share of miles with loads of gear. Ruggedly constructed from water-resistant, 1,050-denier nylon, the backpacks feature flexible main storage compartments with internal dividers and compression straps. Side pockets and front organizer compartments are common to both backpacks. Other common features include hydration pockets, eyewear pockets, sternum straps and YKK® zippers throughout. Imported.

The **RUSH24** features fleece-lined pockets along the front top, sized to hold a cell phone, PDA or mp3 player. It makes extensive use of molle-compatible webbing on the front and sides as well as name tape and flag holders.



## M.U.S.T. Shield

- Level IIIA protection
- Lightweight
- Larger, more function view port
- Firearms can be deployed from right and left sides
- Easier long-gun deployment - standing, kneeling and prone positions
- Special Shape - reduced exposure of head and arms
- Easier deployment in confined spaces
- *Options include:* Lighting System (as shown), attachable Level III plate, feet and storage bag

## DutyMaxx™ Shirts & Trousers

### TROUSER FEATURES:

- Pleated pockets, scalloped flaps, hook and loop closures with pen opening in left pocket and pocket flap
- DutyFit™ waistband provides 360° stretch, is half the weight of other waistbands, and features a built-in Silicon bead system that keeps your shirt tucked in
- Double hook and eye waistband closure prevents rollover
- Triple-stitched crotch construction prevents seam separation
- French fly offers additional support
- Double-ply crotch lining for comfort and durability
- Pressed-open, tailored seam construction
- Creaset® front and back permanent military creases



### SHIRT FEATURES:

- Pleated pockets, scalloped flaps, hook and loop closures with pen opening in left pocket and pocket flap
- stitched-in military creases
- cross-stitched shoulder straps
- cotton-blend lined collar band and inner yoke
- Plain uniform pockets



## Precinct Police Products

6350 Wadsworth Blvd.

Arvada CO 80003

303.421.1515

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



Customer service at Precinct Police Products is by far one of our biggest assets! Precinct employees are knowledgeable, friendly and willing to assist customers with all their shopping needs. Whether it is altering uniforms, personalizing with embroidery, fitting body armor or locating equipment from our large inventory selection, employees are right there to help.

LAW ENFORCEMENT EQUIPMENT CONTINUES TO BE DEVELOPED.

MANY ITEMS ARE IMPROVED OVER THE YEARS TO IMPROVE THE COMFORT, CONVENIENCE AND SAFETY OF OFFICERS.

join CLEOA on Linked in and give us your opinion!

## Stinger DS® LED

### DUAL SWITCH TECHNOLOGY:

Access any of the three variable lighting modes and strobe via the tail cap or the head-mounted switch. Head switch operates independently from the tail cap switch. The combination of a rechargeable battery and a 50,000 hour lifetime C4® LED results in the lowest operating cost of any flashlight made.

Deep-dish parabolic reflector produces a long range targeting beam with optimal peripheral illumination to aid in navigation. Up to 17,000 candela (peak beam intensity) and up to 180 lumens measured system output.

- 3-cell, 3.6 Volt Ni-Cd sub-C battery, rechargeable up to 1000 times.
- Optimized electronics provides regulated intensity
- Length – 8.85 " (22.48 cm)
- Weight – 12.8 oz (364 grams)
- 6000 series machined aircraft aluminum with non-slip rubberized comfort grip
- Unbreakable Polycarbonate with scratch-resistant coating
- O-Ring sealed construction
- C4® LED technology, impervious to shock with a 50,000 hour lifetime
- 3-cell, 3.6 Volt Nickel cadmium sub-C battery is rechargeable up to 1000 times
- Includes Anti-roll Ring
- Fits existing Stinger chargers



### Runtime:

- High – Up to 2 hours  
Medium – Up to 3.75 hours  
Low – up to 7.25 hours  
Strobe – Up to 5.5 hours



## SUPERSHIRT™

- TASER® AXON™ integration system with wire ports on side panels
  - Heavy duty washable fabrics with 10% stretch and liquid repellent finish
  - Abrasion resistant, stretch nylon mesh side panels provide advanced breathability and a custom tapered fit
- 
- Adaptive visibility provided by deployable reflective trim on pocket panels, inside cuffs and underside of rear collar provide 360 degree nighttime visibility
  - Special function pleated patch pockets with hook-and-loop flaps, pencil slot left, and secure vertical compartment for glasses or documents



- Zippered front with mock buttons
- Center-positioned mic tab for ease of use
- Extra-long shirt tails stay tucked in
- Traditional 5-crease military style (stitched)
- 2-button adjustable cuffs
- Reinforced epaulets
- Badge with internal support strap



The new array of aerosol defense options features streams and gels for selective engagement with minimal cross contamination, high-volume streams for crowd control, or burst foggers for area contamination and use in confined spaces.

- Formulations in escalating levels of strength: Level 1, Level 2, Level 3, & OC/CS
- Color coded labels for quick identification
- Delivery methods for every situation: Stream, Foam, Fog, & Gel
- Sizes for a variety of mission requirements: MK-6, MK-3, MK-4, MK-9, MK-21, & MK-46
- Inert training units for every delivery method and size
- New for Duty Patrol: Tactical OC Grenade that fits in MK-3 pouch
- New for Tactical Teams: Portable fire suppressing MK-9
- New for Crowd Control: The disposable TITANTM 20 oz



# Continuing Education

## EDUCATION MATTERS IN LAW ENFORCEMENT:



**CLEOA is here to help you enhance your education. Whether that be in a higher education institution, where we can provide up to \$500 per student per year in scholarship money, or through individual training programs that offer discounted rates through our FREQUENT TRAINING PROGRAM, or by creating a "mini expertise" with our affordable NEW CERTIFICATE PROGRAMS available beginning in 2013, CLEOA can help.**



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- In-seat and online courses available
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- Complete your degree faster with credits from, other college courses, and life-learning experience

**Colorado Christian University offers certificate, associate, and bachelor's degrees:**

Accounting, Biblical Studies, Business Administration  
Criminal Justice, Education, Nursing, and many more!

## Masters' Degrees:

Business Administration, Counseling, Curriculum and Instruction

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AND WAIVE YOUR APPLICATION FEE**

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Contact an enrollment counselor today at 303.963.3311 or visit: [www.ccu.edu/CAGS](http://www.ccu.edu/CAGS)  
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Colorado Christian University is accredited by the North Central Association of Colleges and Schools

# ARAPAHOE COMMUNITY COLLEGE



Founded in 1981, the Arapahoe Community College (ACC) Law Enforcement Academy program is one of the largest in the state. Over the years the ACC Law Enforcement Academy has around 3,000 students graduate from the program. It was originally a Sheriff's Academy that provided training to local Sheriff's Departments. Currently the academy serves both agency sponsored and self-sponsored students and our graduates are working in throughout the state of Colorado and beyond. We are one of the pioneers in post-secondary education

sponsored law enforcement training. We are prepared to help students master the skills they will need to have successful and safe careers in law enforcement.

The ACC Law Enforcement Academy provides an intensive course of study which prepares students for entry into the law enforcement profession. Our program focuses on all of the basic law enforcement job functions that are required for entry level law enforcement officers - from driving skills and making arrests to safe use of firearms and processing crime scenes. This program includes courses mandated for certification as a law enforcement officer by Colorado Peace Officer Standards and Training Board (P.O.S.T.).

Many of our instructors graduated from the ACC Law Enforcement Academy and are now experts in the field. Most of our instructors are presently working in law enforcement and have knowledge of new and current trends, information and techniques.

We offer state of the art Use of Force and driving simulators to supplement skills training. Our MILO System (Firearms simulator) offer students the opportunity to experience real life situations and even has the ability to shoot back (paintball pellets). at students!

ACC offers both full-time and part-time programs. The full-time academy lasts 18 weeks, approximately one college semester. The full-time academy meets six days a week for classes during the day and evening. The full-time academies start periodically throughout the year in August and January. The part-time academy lasts 34 weeks, approximately two college semesters. It begins in August and concludes the following May. The part-time academy meets evenings and most weekends and is only offered once a year. The part-time academy is ideal for those who need to continue working while in the Academy.

ACC's Law Enforcement Academy program combines the best of classroom instruction with practical experience. You will spend approximately 250 hours in practical exercises, learning and demonstrating mastery

of basic tactical skills. The academy includes 66 hours of Arrest Control Techniques, 50 hours of Law Enforcement Driving, 64 Hours of Firearms Training and 40 hours of Patrol Practicals including: vehicle and pedestrian contacts, domestic disputes, building searches and mock crime scene investigations.\*

For information contact the academy at 303-797-5874 or 303-797-5793  
<http://www.arapahoe.edu/catalog/law-enforcement-academy-certificate.htm>



**ARAPAHOE COMMUNITY COLLEGE  
LAW ENFORCEMENT ACADEMY  
LITTLETON, COLORADO**

**Peace Officer Certification training featuring the best classroom instruction with 250 hours of practical experience:**

- Full time and part time academies
- Instruction provided by working law enforcement professionals
- State-of-the-art Use of Force and Driving Simulators
- Scenario-based training

For more information and an application packet, please contact:

Director Byron Jones  
303-797-5874  
[Byron.jones@arapahoe.edu](mailto:Byron.jones@arapahoe.edu)

April Fox  
303-797-5793  
[April.fox@arapahoe.edu](mailto:April.fox@arapahoe.edu)

**[www.arapahoe.edu](http://www.arapahoe.edu)**

**why JOIN the ALL-NEW CLEOA? Go to page 4!**

# CRIMINALS ARE SMART.

## BE SMARTER.

A Master's Degree in Criminology from Regis University takes the study of criminal behavior to a higher level and brings your career along for the ride.

While traditional criminal justice programs focus on investigation and prosecution only, the Master's Degree in Criminology from Regis University adds the latest research and analytical insights into the criminal mind to explore the social and psychological factors that influence criminal behavior.

**You'll fight crime better because you'll understand crime better.**

### REGIS UNIVERSITY CRIMINOLOGY PROGRAMS

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BEHAVIOR

FORENSICS

LEADERSHIP

INVESTIGATION

TRADITIONAL CRIMINAL JUSTICE PROGRAMS

Program offered on-campus or 100% online.



# PUEBLO COMMUNITY COLLEGE

There's no secret why the Law Enforcement Academy (LEA) has become one of the crown jewels of Pueblo Community College's academic programs. Utilizing a variety of partnerships, the LEA features a cross section of the finest law enforcement officers, who are considered subject matter experts and serve as faculty members of the Academy, preparing men and women for jobs in the criminal justice field.

While the program works primarily with the Pueblo County Sheriff's Office and serves as its training agency, it also partners with virtually every law enforcement agency in southern Colorado on both the western and eastern slopes of the Continental Divide. Those are all areas that the LEA serves since it offers the program on PCC's Pueblo and Durango campuses. The combined efforts of these law enforcement professionals provide a wide variety of expertise, enabling students to experience the most current trends in law enforcement training and education.

The Colorado Peace Officers Standards and Training (P.O.S.T.)-certified LEA program at PCC has an extensive history that dates back to its formation in 1991. The 38-credit LEA certificate program prepares students for positions in any law enforcement career. In one year, the program on the Pueblo campus has the potential of graduating 72 cadets and having up to three academies. The Durango campus, which utilizes the same program, can have up to 36 graduating cadets.

Successful completion allows them to become state certified as a level one police officer and work anywhere in the state of Colorado. Those completing the program also will meet the requirements of the

Police Science Option of PCC's Associate of Applied Science degree in Criminal Justice and qualify to take the Colorado P.O.S.T. test for certification as a Colorado peace officer.

While legislation allows the Colorado P.O.S.T. board to decide what training standards must be met before an individual can serve as a police officer in this state, PCC's requirements exceed the industry standards mandated, and the LEA program requires a 93% pass rate on all of its exams.

"Our physical training program is a tough one, and we combine a focus on core and quick, explosive muscle groups, such as sprints, with a fully-certified CrossFit program," noted Ron Leyba, who heads the LEA program for PCC. The training, he explained, also includes Krav Maga and pressure point control tactics (PPCT) that can be used in self-defense situations. The intent of the intensive training is to enable students to get acclimated to what can be physically demanding jobs once they are out in the workforce. Once they graduate from the LEA, they normally receive specific on-the-job training from their employing agency.

Because of strict eligibility requirements, not anyone off the street is automatically admitted into the program. Applicants must pass extensive state statutory background checks and thorough interview process. Issues that might keep students from being admitted are having a bad driving record (DUI, suspension, reckless driving, etc.) in the past 3-5 years, certain misdemeanor convictions, a conviction of any felony or crime of moral turpitude, or low basic skills assessment scores. \*

P u e b l o C o m m u n i t y C o l l e g e

## Dare to do More



### The Pueblo Law Enforcement Academy at Pueblo Community College...

offers an **affordable all-in-one training program** that will prepare you to be successful in many different law enforcement careers.

With a **92% program graduation rate**, the Pueblo Law Enforcement Academy is committed to producing the best trained law enforcement professionals second to none, and is **The Place** to take your

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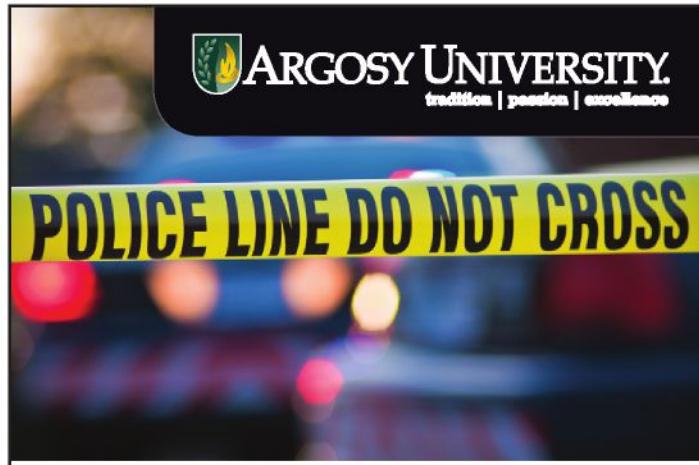
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Johnson & Wales University (JWU) has a Criminal Justice program? I thought it was just a cooking school! Now that we have the largest misconception regarding Johnson & Wales University out of the way, let me tell you about the “hidden jewel” of Denver. Within the College of Business is a Criminal Justice program thriving with innovation, excitement and students being equipped with skills and knowledge to be leaders in the field of Criminal

Justice. The Department of Criminal Justice Program at Johnson & Wales University focuses on experiential education in an effort to prepare students for a career in Criminal Justice. Our curriculum is centered upon the university’s mission to provide an exceptional education that inspires professional success, lifelong learning and intellectual growth. The Department of Criminal Justice is cutting edge; focusing on exposing students as much as possible to the Criminal Justice field, as well as the society in which

students will serve. Our professor’s stay focused on developing empathy and critical thinking skills in our students, and implement a variety of strategies and teaching methodologies in the classroom to expose students to the hands on, fast paced, critical field they are entering.



## At JWU we:

- Have experienced Criminal Justice professionals teaching our classes.
- Supplement each class with guest speakers. This year amongst our 70+ speakers were US Attorney, John Walsh, and Lead Columbine Investigator, Kate Battan.
- Explore the world of Criminal Justice in a hands-on manner. This ranges from writing things such as warrants, learning crime scene photography, going on field trips, having meaningful internships in their chosen career, to walking through the entire Criminal Justice process in our senior seminar class (i.e. starting at a crime scene and presenting the case in a mock trial in our courtroom on campus).
- Utilize a service learning pedagogy and volunteer for, and give back to, community partners.

*I wanted to tell you that the students turned in outstanding work on the mock crime scene. The sketch, evidence logs, photography and overall job is to be commended.*

– Retired Homicide Detective Robert Lloyd

## People are talking about Criminal Justice at JWU:

*Thanks so much for allowing me to come to your class. I thoroughly enjoyed it. You have great students!*

– Judge Carlos Samour, 18<sup>th</sup> Judicial District

*Thanks for the opportunity to see the Johnson & Wales criminal justice program in action. I very much enjoyed meeting the students, who were good sports for our role-playing discussion of child protection. Your campus is lovely and the program you are developing is fabulous.*

– Traci Streifer, Guardian ad litem

*The Criminal Justice program and Johnson & Wales University is truly a hidden jewel in Denver. Its hands on work in the classroom, extensive community service and overall emphasis on what it really is like to be a criminal justice professional, is like no other.*

– Steven Neumeyer, Deputy Director of POST

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## 6th Grade - Colorado Department of Transportation (**Seatbelt Safety**)

**7th Grade** - Publication Printers, Matthew Shepard Foundation and Una Martinez (**Say No To Bullying**)

**8th Grade** - Colorado Department of Public Safety (**Do Not Text & Drive**)

### Seatbelt Safety

*Trey McDowell – 6<sup>th</sup> grade – Eads Middle School*

In my short thirteen years of life, I have found that there are some things I just don't like doing; taking out the trash and cleaning my room are two of the biggest! I just really am stubborn



uncomfortable. Big deal, you know, especially when you have to travel quite a bit like we do in my family. But, I think the biggest reason I don't like wearing the seatbelt, is because it doesn't allow me to move freely around our vehicle. You see, I have a young brother who constantly annoys me, mostly on purpose. So when he won't be quiet even after my kind asking, I can't make it into the back seat to get him because the seatbelt stops me. Good for him, but it frustrates me so much. But now, several events have carved a path through my life causing me great pain and making me reconsider how lucky I am. I realize now how important wearing seatbelts is.

My friend and classmate, Austyn, and his brothers and sisters were driving to school on a cool, October morning when Howard, their dad, drove head on into the rear of a semi truck in the middle of a construction

zone. Most of the kids were not in their seatbelts (very uncharacteristic for their family). And because of this, their lives were cut way too short.

That morning we were at the end of first hour and Principal Smith called our teacher into the hall. At that moment, I knew something happened from the feeling I got in my stomach. Moments later, our teacher came back in, trying hard to look fine, but I could tell she'd been crying, and crying hard. I thought maybe one of her family members had been hurt, which worried me. Boy, was I wrong. After class ended, I thought about asking her what had happened and if she was alright, but thought I'd better leave it alone and keep it personal. When I got to the hallway, Chance, my friend and an older 7<sup>th</sup> grader, asked me if our teacher had been called to the hallway like theirs had. "Yes," I said, making me worry even more. "Ours did too. I wonder why," Chance said. Soon, we found out. We went to second period and our teacher told us to leave everything in our lockers (that's a first) and I knew at that moment that something had happened involving the Mitchell Family. You see, this is a foster family with 7 kids in it, so when they are gone, it is quite obvious in our small school.

I can remember those words so clearly coming from Mr. Smith's mouth... "Kiddos, I have some bad news and I want to share the details I have with you. We are all really going to have to be tough and strong for each other; it'll take us all working together to support each other through this time." "Yikes!" I thought. He continued on by telling us that today would "suck" (and yes, he said this), but that we would have to stick

together. He said there were two confirmed deaths from the car accident involving the Mitchells, but couldn't tell us much besides that until the police let him know more. We all sat together, thinking of who it may be, or what had actually happened; I think this may have been the worst part. It was then lunch time, so we walked as if in a daze to our lunch room. I think that was the first school lunch that I didn't eat or even get a tray. No one talked, or even really breathed; I think we were all in shock and afraid of who we had lost. After break, Mr. Smith talked to us again and had some more information. When walking into our classroom with the rest of the middle school, I felt a sick feeling like now, after waiting and wondering who and what, I really didn't want to know. I can still remember the order of the names as he read them to us: Howard, Tony, Tayla, Jeremy, Austyn, and Andy. The rest of the day was all tears, hugs, and questions of why this happened. This event carved such a deep path, as big as the Grand Canyon, and twice as wide, in my heart.

So, now, thinking about this seatbelt safety, I know I shouldn't worry about it cutting into my neck, or how annoying my brother is, and not being able to move freely, because I really don't want to move that freely in a moving vehicle anymore. If something like this happened to us, would I be wearing my seatbelt? Probably not. Think how much the people around you will mourn and miss you. So, no matter if you don't like buckling up, do it anyway; who knows, it may save your life. I hope this personal tragedy has taught you that one move of your arm and a "click" will save your life.

*Continued on page 32*

## Bullying: It's a Horrible Matter

Rylan Lemons – 7<sup>th</sup> grade – Platte Valley Middle School



Bullying is not a joke. In every school across America kids are bullied every day. The definition of bullying is teasing others. For example, people are harassed and made fun of. 96% of children will be bullied at least once in their lifetime [2]. It doesn't matter if you are a boy or a girl, if you're tall or short, or if you're big or small, you may be bullied. Bullying can be physical, verbal, emotional, racial, or sexual. Bullying is a form of aggressive behavior that is intentional, hurtful, physical, or psychological. Whether you believe it or like it, bullying is thriving in all of our local schools. Although, people bully others or are being bullied there are reasons why it's wrong, how it affects people, and how to stop it.

Bullying hurts people. It can cause long-term physical, emotional, and psychological problems. These affects can lead to suicide. Bullying is targeting an individual for no particular reason. Oftentimes, individuals are pointed out because of racial difference or in their physical appearance. Boys tend to use physical forms of bullying. Physical forms of bullying are like punching, hitting, and kicking. Girls, on the other hand, use relational aggression, like gossiping, excluding girls, and manipulation. Both boys and girls who experience bullying experience long-term negative side effects. They can include depression, anxiety, and other psychological problems. Children who are

bullied experience real suffering that can interfere with their social and emotional development, as well as their school performance. Boys and girls who are bullied are more likely to miss school and do poorly in school. Bullying is wrong, it hurts people, and ultimately, it can be very wrong.

Every person has the right to live happy, safe, and free life. Bullying can have long lasting effects on people especially when bullying starts as a child. 46% of those children will have poor grades or will abstain from extracurricular activities because of bullying [2]. 10% of kids are bullied during their school year on a regular basis [3]. Children who are affected by verbal or physical bullying are at a greater risk of developing depression and other violent behaviors. People who are bullied live their life with a higher stress level. 2% of these children will commit suicide because of constant harassment [4]. Children who are bullied at a young age tend to be more withdrawn. Boys are more likely to turn to alcohol to escape bad situations. Girls, on the other hand, react aggressively when provoked. Bullying doesn't only affect the direct person being bullied, it also affects bystanders. Oftentimes, those children become fearful of going to school or speaking out about bad situations. Bullying affects every person involved directly or indirectly and has a negative impact on them.

It is a terrible feeling to have to deal with bullying. Bullying, however, is 100% preventable. The key to dealing with bullying is to prevent it before the harassment causes long term and irreversible emotional and psychological damage. Knowing, learning, and identifying the signs of bullying is the key to effectively stopping it. A strong support system both at home and at school is vital in stopping bullying. Parents and teachers need to watch for signs that indicate bullying is happening. Some of these signs include missing or damaged belongings, unexplained injuries, and complaints of frequent headaches or illnesses. Other signs may include changes in eating habits, loss of interest in friends, activities, and appearing sad, angry, or moody. Parents have an important role in supporting their child. Parents must be observant to changes they notice in their

child. These changes may also include a child that is the one doing the bullying. Those changes may appear as not accepting responsibility for their actions, being sent to the principal's office, or being violent with others. The key to stopping a bully is to watch for warning signs, having a strong support system, and preventing bullying before it starts.

Bullying is wrong; it puts an effect on people, and there are ways to stop it. People get affected a lot when being bullied. It's like putting a lifelong scar on them. Bullying gets so bad that some people commit suicide. The person being bullied may act different or seem different. There are tons of ways to avoid bullying and stop bullying. The person being bullied should have a safe and strong support system at home and at school. If you know someone that is being bullied you should try to stop it and help the person being bullied. Clearly, bullying is no joke. You can be the one to stand up and stop bullying.

1. American Academy of Child & Adolescent Psychiatry - <http://www.aacap.org>
2. [www.how-to-stop-bullying.com](http://www.how-to-stop-bullying.com)
3. Bully Free Program - <http://www.bullyfree.com>



## That Consequential Choice

Bryce Fehringer – 8<sup>th</sup> grade – Platte Valley Middle School

Cell phones – everyone has one these days, but they can cause your driving to be even more dangerous than alcohol. Because our generation is so caught up in cell phones, they can be a huge distraction when we are on the road. Our lives are always so busy that we usually don't realize that what some of us call regular behaviors can be life threatening. All we need to do is change our habits and the way we do things. Whether it's texting, or talking while we're on the road, neither of them are worth risking your life; it's just too hazardous.

Teens today are so fed up with their technology, that they don't realize that they're risking their own safety, along with other peoples' safety when they text and drive. Most also don't realize how many lives that this irresponsible habit takes each year. About 6,000 deaths occur, along with half-a-million injuries as a result of texting and driving. But how do we make this increasing number go down? All you have to do is wait – wait to respond to that text until you are done driving. It's just that simple.

device, or another piece of equipment to install in your car. Most of the time, there's usually a second passenger in the car; tell that person to answer the call for you. But what's the most efficient way to ignore that ringing cell phone? Put it on vibrate and just drive.

There are always consequences for the things that we don't do. Whether it isn't cleaning our rooms, or forgetting to empty the dishwasher, nothing can relate to those of a texting and driving accident. A person can make all of the right choices for their life like where they want to go to college, what they want their profession to be, and when they want to start a family, but it's that little decision that has a fatal consequence. Teenagers, especially, don't think about the dangers on the road. No one gets in a car and expects an accident to happen. When things look perfectly fine and safe on the road, most of the time they aren't. All of these feelings can be fake and incredibly deceptive. It only takes one text to take lives away. Justifying this action by responding to texts at red lights seems like a good solution to most, right? At first, that does seem like a good solution, but it's not. We know it's not safe, we know we shouldn't do it. It doesn't matter if you're at a red light; you're still driving. But we all have weaknesses that we give in to and after we do it once, it's like a drug addiction.

So now, we have to look at the facts; 6,000 lives are consequently taken each year because of an irresponsible and distracting habit. It's all on our part to quit. You can't just put this off and make excuses. You can't just say, "Oh! Red light! Maybe I can respond to this text real quick." Or, "Well, all I'm going to send back is 'LOL haha.' So... I guess it's OK to do it just this one time." Getting in a wreck isn't worth looking at some words on a screen. In the end, everything can be affected by that small choice. It's up to you.



These days, almost every young person or adolescent has a cell phone; teenagers use their phones mostly for texting, which is fine most of the time, but just plain irresponsible when driving. It causes so many distracting behaviors on the road that we can't keep track. Did you know that when teens text and drive, they spend about 10% of the time outside of the driving lane that they're supposed to be in? <sup>[1]</sup> So, if it takes a person 5 seconds to send a text message while they're driving at a speed of 55 miles per hour, then that's more than the length of a football field that they aren't paying attention. Imagine how many people are watching their phones instead of the road on the highway. Often times, it usually takes more than 5 seconds to send a text anyway, and that's even a greater distance of distracted driving.

Not only is texting a huge distraction when on the road, but talking on the phone is, too. Everyone must take their part in concentrating on the road. When a teenager talks and drives, their reflexes are the equivalent of a 70-year-old man. <sup>[2]</sup> Let that person leave a message or if it is really that important, pull over and then answer the call. People have already heard this kind of advice before. They never think about it logically, though. They say it takes twenty-one positive actions to break a bad habit. Twenty-one missed calls are all it takes to resist your phone. But keep in mind that that too is also twenty-one missed accidents, twenty-one unaffected families, and could possibly be twenty-one saved lives. And it's all because you put your phone on silent. Is it really that hard to miss a call? And if it is, get a Bluetooth head

1. "One Text Or Call Could Wreck It All" – <http://www.distraction.gov/teens>
2. Genachowski, Julius: "Texting While Driving" – <http://www.fcc.gov/guides/texting-while-driving>

# Messaging/Sexting CHAOS creates danger

Scott Grinstead, Pueblo County Sheriff's Office



It never ceases to amaze me how many incidents involve the use of some type of digital device or the technology associated with it. Be it an mp3 player, reader, smart television, gaming system, cellular phone or smartphone, if it has an Internet connection, it can be used for good or bad.

The advent of text messaging (SMS) for cellular phones around 1992 allowed a user to send a 160 character message to a recipient. Along with SMS, multi-media messaging (MMS) is used as an alternate to sending a word only message. MMS allows for the inclusion of media files such as, photos and videos along with the text message. Unbelievably, in 2011 over 7 trillion SMS in 2011 and growing. These technologies were great on standard "Old Fashioned" cellular phones and still exist on newer phone types, but with the rapidly expanding market of smarter phones and other devices such as the iPod, iPad, Kindle Fire, various other tablets and Smart TVs, messaging options are expanding exponentially as users demand abilities such as video, photo inclusion and file sharing. As the traditional texting industry is constantly trying to grow, so are its challengers to the market. Everyone has heard, ad nauseam, the good old marketing term, "We have an app for that." That term holds especially true within the messaging market.

## **Sex offenders use cell phones/SMS to coax victims**

Times have changed from when a subject used a traditional computer to commit major elements of a crime. A great example is a case that my agency handled where a repetitive sex offender was caught by his P.O. using his cellular phone to entice a juvenile female. Through the use of SMS, MMS and phone calls, he was able to coax his victim into "falling in love" with him and get her to send nude photos of herself. If not for the P.O. checking any and all devices that had Internet and messaging capabilities, he may have gone undetected.

I saw how things can easily get out of hand if parents aren't paying complete attention in a case I handled where a juvenile female had been conversing with an older male from out of state. Her parents, wanting to be proactive, removed her Internet privileges and took it a step further by taking away her computer and iPhone. Not to be out done, the juvenile female secretly "stole" her brother's iPod and by using websites and apps to send messages, she was able to stay in complete contact with her "boyfriend" and went so far as to send provocative photos of herself to him. To her parents dismay, they found out she was still involved in this activity when the juvenile female ran away to visit the boyfriend. Her parents didn't realize the iPod had Internet capabilities, they thought it only played music.

## **New messaging platforms take over use of SMS & MMS**

These are just a few extreme examples, but for the somewhat simpler case such as a harassment, threat, or other messaging type offense, we as law enforcement should always remember to keep an open mind and look to different possible sources outside of the traditional computer and cellular phone methods. A subject may use any type of Internet capable device or technology to accomplish the deed.

Through my investigations and digital forensic examinations, I have seen what seems to be an infinite array of ways for a digital device and other technologies to be used in all types of activity. However, the question comes up often, if the subject(s) aren't using the built in services such as SMS or MMS, what else can they be using to communicate? \*

**(See page 18 to register for  
CLEOA's Sexting Investigation class)**

## **Here is a list of a few apps and sites that frequently come to light during my investigations:**

- **Skype** – Just like its desktop counterpart, allows for text based chat as well as video chat and phone calls through their network.
- **Tango** – A growing alternative to Skype
- **Fring** – An app that allows for group video chat, live texting and phone calls within their network.
- **ooVoo** – Another alternate to Skype that is becoming more and more popular with kids under 18. This app can support up to 6 video chats at once.
- **Voxer** – A push to talk app where users can send text and/or voice messages along with photos.
- **Pinger** - Lets you text and talk free
- **TextMe** – A Free texting and calling app. A user can even get a free personal phone number and voicemail.
- **Dropbox** – A File sharing capable web site and app for both smart phone and computer.
- **Tinychat.com** – A live video focused web chat site that also allows for random video chats with anyone.
- **Tumblr** - Post text, photos, quotes, links, music, and videos from your browser, phone, desktop or email.
- **Stickam.com** - A live video focused web chat site.
- **meetme.com** (Formerly myyearbook.com) - A live video focused web chat site that also allows for random video chats with anyone.
- **Yahoo Mobile, Facebook mobile and Google+** - All allow for messaging and video through their interface.
- **Ohdontforget.com** – Can send text messages from the web site but, also allows for scheduling the message for later delivery
- **Spoofcard.com** – Allows user to fake caller ID. Mobile apps available.
- **Calleridfaker.com** - Allows user to fake caller ID. Mobile apps available.



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# The Emerging Use of Bath Salts in Society

Officer Mark Ashby, Thornton Police Department



## Designer Drug Abuse Growing FAST Nationally

In June 2011, five teenagers in Greenville, OH, were hospitalized 11 hours after ingesting a group of drugs known as bath salts. The teens put a small amount of the drug into their "Mountain Dew" and drank it. Parents rushed the kids to the ER because of strong hallucinations.

Recently, in Grand Junction, CO, a 19-year-old male was strangled to death by his friends who were trying to restrain the man who ingested Bath Salts and began to react violently. Reports of cannibalism have surfaced in Florida – where does this STOP?

The Drug Enforcement Agency banned the chemicals used to make Bath Salts in October 2011. Here in Colorado, in June 2012, Governor Hickenlooper signed legislation making Cathinone compounds illegal.

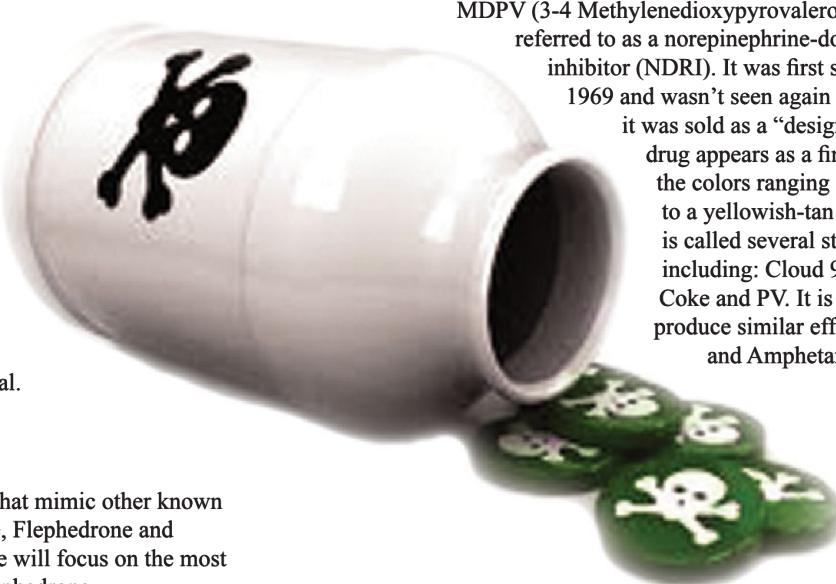
## What Are Bath Salts?

They are a group of chemicals, simply stated, that mimic other known drugs such as MDPV, Mephedrone, Methylone, Flephedrone and Naphyrone. For the purposes of this article, we will focus on the most popular/commonly seen drugs: MDPV and Mephedrone.

As a side note, these "Bath Salts" are not related to bath salts used in the tub. They are called "Bath Salts" due to their appearance and not their function.

## How Do Bath Salts Present Themselves?

MDPV (3,4-Methylenedioxypyrovalerone) is often referred to as a norepinephrine-dopamine re-uptake inhibitor (NDRI). It was first synthesized in 1969 and wasn't seen again until 2005 when it was sold as a "designer drug". The drug appears as a fine powder with the colors ranging from pure white to a yellowish-tan color. MDPV is called several street names, including: Cloud 9, Magic, Super Coke and PV. It is reported to produce similar effects to Cocaine and Amphetamines.





MDPV presents itself as a Central Nervous System Stimulant. This causes a rapid heartbeat, high blood pressure, bruxism (teeth grinding), increased body temperature and dizziness. The notable negative effects can include: severe paranoia, psychotic delusions and sometimes extreme anxiety/agitation. In high doses it can create an amphetamine-like psychosis which can lead to violent behavior, visual and/or auditory hallucinations. MDPV lasts 2 to 7 hours with after-effects lasting up to 48 hours.

Mephedrone (4-Methylmethcathinone) is a CNS stimulant displaying the same outward symptoms as MDPV, including bruxism, hallucinations and poor short term memory. The negative effects include: Strong desire to re-dose, heart palpitations, vertigo and serious vasoconstriction. When insufflated, pain and swelling in the nose and throat is reported. In higher doses, erratic behavior and anxiety, including paranoia are reported. Mephedrone lasts between 2 and 5 hours, with potential for dependency, hallucinations, agitations and mania with a strong desire to re-dose.

#### ***Evidence for Prosecution of Bath Salts Cases***

With any impaired driving case, the proper use and interpretation of the Standardized Field Sobriety Test is paramount. Officers should make detailed notes on the behavior and mental conditions observed in the subject, and obtain toxicology, if possible. Blood tests appear to be the most appropriate for the labs.

Can Bath Salts be detected by lab analysis? The answer is yes – mostly.

According to Sarah Urfer of Chematox, a Boulder, CO lab, she can provide a presumptive positive screen for Bath Salts with confirmation obtained from the NMS labs in Willow Grove, PA. The Colorado Department of Public Health and Environment (CDPHE), also sends all Bath Salt testing to the NMS lab. NIK test kit A can be used to test for Mephedrone (a bright yellow result). Safariland, the parent company of NIK Testing states that NIK test kit G (first ampoule only – Blue result) and NIK test kit U (dark blue or purple result) can be used. These tests are only for a presumptive positive screening.

It is highly recommended to utilize a Drug Recognition Expert (DRE) if possible; the Colorado Department of Transportation can also offer training. The Advanced Roadside Impaired Driving Enforcement (ARIDE) class is a two- day drugged-driving class that provides detailed training on proper investigations of Impaired Driving cases, including Bath Salts.

Author, Mark Ashby, 18 year veteran officer with the Thornton Police Department, currently assigned to the Traffic Investigations Unit. He is a DRE Course Manager, one of four in CO. \*

*Information in this article was obtained from the 2011 IACP DRE Instructor Manual, [www.DEA.gov](http://www.DEA.gov), [www.erowid.com](http://www.erowid.com), wikipedia, Sarah Urfer (Chematox Laboratory). Photo credits- [www.DEA.gov](http://www.DEA.gov). Web Articles: <http://www.justice.gov/dea/pubs/pressrel/pr10211.htm>, [http://www.copquest.com/CopQuest\\_bath\\_salts\\_testing.pdf](http://www.copquest.com/CopQuest_bath_salts_testing.pdf), <http://en.wikipedia.org/wiki/MDPV>, <http://en.wikipedia.org/wiki/Mephedrone>*



# Officer By Day Chef By Night

To submit your favorite recipes please email [Lisa@cleoa.org](mailto:Lisa@cleoa.org).



## Summertime recipes: Tomatoes

**Feta tomato salad:** Arrange sliced **tomatoes** on a platter and top with chopped or small leaves of **fresh oregano** and **crumbled feta**. Drizzle **olive oil** and **balsamic vinegar** on top and season with **salt** and **pepper**.



**Slow-roasted tomatoes:** Cut **tomatoes** in half and put on a rimmed baking sheet, cut side up. Drizzle with **olive oil** and season with **herbes de Provence**, chopped **garlic**, **salt**, and **pepper**. Roast at 250° until shrunk by half but still juicy, about 8 hours. Serve on toasted baguette slices with fresh mozzarella.

**Cherry tomato and garlic pan sauce:** Sauté **cherry tomatoes** in **olive oil** with **garlic**, **salt**, and **pepper** until tomatoes pop, 5 to 10 minutes. Toss with pasta.\* Find pomegranate molasses and Maldon sea salt at well-stocked grocery stores and gourmet shops.



## Heirloom Tomato Salad with Pomegranate Drizzle

### Ingredients:

3 tablespoons extra-virgin olive oil  
2 tablespoons pomegranate molasses\*  
2 pounds mixed heirloom tomatoes, sliced 1/4 in. thick  
Sea salt, such as Maldon\*, to taste  
1/2 teaspoon pepper  
2 tablespoons fresh oregano leaves

### Preparation:

1. Whisk together oil and molasses. Arrange tomatoes on a platter. Drizzle with oil-molasses dressing.

Sprinkle with salt and pepper and scatter oregano on top.

\*Find pomegranate molasses and Maldon sea salt at well-stocked grocery stores and gourmet shops.

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<b>Federal Heights Police Dept.</b> Les Acker 2380 W. 90th Ave Federal Heights, CO 80260 (303) 428-8539	<b>Fruita Police Dept.</b> Mark Angelo 101 W. Mccune Ave. Fruita, CO 81521 (970) 858-3008	<b>Haxtun Police Dept.</b> Tanya Mayhew 101 N. Colorado Ave., PO Box 205 Haxtun, CO 80731-0205 (970) 774-6102	<b>Lakeside Police Dept.</b> Robert Gordanier 5801 W.44th Ave. Denver, CO 80212 (303) 455-1980	<b>Longmont Police Dept.</b> Michael Butler 225 Kimbark St Longmont, CO 80501 (303) 651-8555
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<b>Northglenn Police Dept.</b> James May, Jr. PO Box 330061 Northglenn, CO 80233-8061 (303) 450-8853	<b>Postal Inspector</b> Richard Sheehan 1745 Stout Street, Suite 900 Denver, CO 80299 (303) 313-5335	<b>Simla Police Department</b> Art Smythe PO Box 5010 Snowmass Village, CO 81615 (970) 923-5330	<b>Union Pacific Railroad Police Department</b> VACANT 3620 Wazee Street Denver, CO 80216 1-888-877-7267	<b>Yuma Police Dept.</b> Michael Fields PO Box 291 Yuma, CO 80759 (970) 848-5441

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