



Fraternal Order of Police

CHICAGO LODGE 7

Official Magazine • March 2023

Better Call Paul

Chicago Police Officers must support Paul Vallas for mayor and these members if they want the City to truly serve and protect them



Peter Chico,
10th Ward



Anthony Ciaravino,
11th Ward

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COVER STORY



A Call for the Vote

Your vote counts more than ever in the April 4 City election runoff. Getting Paul Vallas elected as mayor will give Chicago Police Officers the voice they haven't had in more than 12 years about how the City and the Department will be run. Helping the cause will mean working for and voting for Lodge 7 members Peter Chico and Anthony Ciaravino to get them elected to City Council. Here's a closer look at how Lodge 7's political action has led to an opportunity for members to get the leadership needed to make their jobs and lives better.

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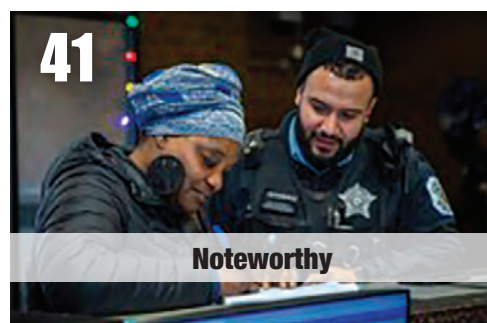
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CHICAGO LODGE 7

Official Magazine
President's Report



Paul's calling...and ours



**JOHN
CATANZARA
JR.**

It would be easy – and redeeming – to rejoice over the results of the mayoral primary. Even burst into a chorus of “Ding, dong, the witch is dead.” But you didn't need to look behind the curtain to see that one coming, so it's onward and upward.

The cover of this issue sends out the call to action for the April 4 City election runoff. If we can help Paul Vallas sprint across the finish line to be elected mayor, for the first time in more than a dozen years we will have somebody at City Hall we can call on. Along with that, we have the opportunity to get two of our own elected as aldermen and build a City Council that can truly serve and protect our members.

The urgency elevated shortly after voters sent the mayor back to Kansas and the superintendent resigned. That makes it even more critical to elect Paul. But let's come back to that.

We need to get behind Lodge 7 members Peter Chico and Anthony Ciaravino, who are in runoffs for council seats in the 10th Ward and 11th Ward, respectively. If we can win those two seats, it's going to be huge.

For starters, it will prove that the FOP is on the right track of getting candidates elected to City Council who are going to promote the agenda of law and order and get this City back to what it once was. Even if you don't live and vote in the 10th or 11th wards, members can still respond to this call to action.

We're definitely going to need a ground game. We're definitely going to need volunteers to step up on April 4 to make sure that all the precincts are covered, with FOP members getting the vote out and getting these two candidates across the finish line.

Getting our mayoral choice across the line, along with two of our fellow members into the City Council, is an opportunity to affect how this Department is operated. With everybody complaining about how crappy it's been, especially the last four years, this is the way you change it. Quicker than any other way, politically speaking.

But it's going to require some personal sacrifice. Lodge 7 can do the heavy lifting, but we need foot soldiers on April 4. One day — that's all we're asking. Give us one day to get the vote out during the last week of March into the first week of April, and let's make it happen.

Peter and Tony are not only the type of candidates Lodge 7 loves, but what the City Council needs. They're a couple of guys from the neighborhood. It's just what they're about, what they've been about, what they're familiar with, what they've lived and breathed for their whole life.

Whether or not they're police, they're perfect representatives within their communities. They actually lived and breathed those neighborhoods and wards. So that alone is quite refreshing because they're passionate. They've seen the changes in their own areas, and they want to be difference-makers.

Another brick in the road here is how getting Peter and Tony elected can further our political presence. The City election has been the focus of all this, even more than the state election. So with a clearer picture of who will be mayor, along with aldermanic seats going to our members, that's something everybody will have to take notice of.

I also want to praise all of our members who ran for council. We asked them to engage in the political process, and we appreciate the historic involvement that we got from the membership in this election cycle. It's certainly not a one-off.

Turning back to the mayoral runoff, we can definitely say there can be no place like Chicago again if Paul gets the call. Certainly, it makes a difference that in the primary, he did very well in many different areas of the City.

But I think the reality of the choice voters are faced with this election cycle is that Brandon Johnson will be a worse choice than Lori Lightfoot. He's as extreme, if not more extreme, than Toni Preckwinkle would have been if she had won in 2019.

That seems like what everybody's trying to reel in and go more to the moderate middle, which is where Paul's at. I don't want to count chickens before they're hatched, but there's no reason to think Paul shouldn't win this race. It is literally a night-and-day choice.

Clearly, the teachers are going to be out in full force for Johnson. I don't know where the rest of the City unions are going to be, but I would fully hope that they realize what can happen to this City if Brandon Johnson becomes mayor.

All their union jobs will take a crap because there will be no revenue. There will be people leaving in a mass exodus, police included. Again, we are literally looking at 2,800 officers who are 50 years old or at 20 years of service. And I can assure you, if Brandon Johnson becomes the mayor, a good chunk of those officers are not going to wait anymore. They are going to leave.

They were going to leave if Lightfoot got reelected. This is even worse than her. There's no reason to expect the majority of them to stick around. And that's only going to make this City less safe. Less

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Arbitration Modulation

Depending on where Paul's at and depending on where his opposition's at, maybe we can get some firm commitments and pause going to arbitration with phase two of the contract.

It's a tricky dynamic. But common sense would say that they actually should be working with the union regardless. That's the right thing to do. A smart person like Paul will, but who knows about somebody else? Some people just can't see the forest

through the trees.

We're going to recommend to the City attorneys, and we'll see where their temperature is, but we're going to seek a postponement of 60 days for the arbitration process to wait until this mayor's race plays out.

So the goal is to postpone and see how this all shakes out. There's no sense negotiating against ourselves.

Free Speech

Just a quick word about the law enforcement speech to back the blue by Ron DeSantis that Chicago Lodge 7 members attended on Feb. 20.

The level of hypocrisy in the way the supposed open-minded progressive people reacted to his coming to Illinois is just mind-blowing to me. I guess it's only acceptance if the people agree with what you think. Then it's basically shut them out, cancel them and do everything you can to silence them.

It's so counterintuitive to what this country was founded on. If

he's such a terrible human being, then let him show who he is.

I think it's important to hear from all sides, especially those who are unconditionally supporting law enforcement. Look, there's no way our national organization is going to be able to endorse Biden.

And to me, there's no way even in a Republican primary that they can endorse Trump after basically calling him out as vocally as they did regarding Jan 6. And rightly so. So we have to be open to all options.

PRESIDENT'S REPORT CONTINUED FROM PAGE 5

safe means there are no construction jobs and nothing else because nobody's going to want to be here.

It's just the reality. Johnson literally wants to take over the Titanic, basically put a turbo booster on the engines and run it through the iceberg.

I think we saw what happened when we called on Paul to help us negotiate phase one of the contract. He came into the room to bring his experience and knowledge, not to dictate. He listened to

what we were looking for, why we were looking for it, and he helped formulate a plan to help us get there.

That's what a leader does. That's what you do when you're in charge. You put people in positions to succeed. Paul understands how to do that way better than our current mayor or anybody else.

The best thing I can say about Paul is that with him at City Hall, we're going to get a fair shake for the first time in a long time. I can't even say we really got that with eight years of Rahm. So cast your vote for Paul on April 4, and it will absolutely get us the opportunity to be treated fairly by City Hall.



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-Lefty & Sharon D.



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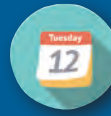
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March 14

Retirement Party for Detective Demosthenes Balodimas

Edison Park Inn
6715 N. Olmsted Ave.
7-11 p.m.

For more information, visit <https://www.chicagofop.org/news/events?view=article&id=385&catid=15>

March 18

FOP Lodge 66 St. Paddy's 9 Pin Bowling Tournament

Lakes Bowl Round Lake
601 Railroad Ave., Round Lake
6-11:30 p.m.

\$200 per team
For more information, email ilfop66president@gmail.com

March 19

Chicago Wolves — Officer Steven Kotlewski Hometown Hero Game

Allstate Arena
6929 Mannheim Road, Rosemont
3-6 p.m.

\$30 per ticket
For more information, email events@polampolice.org

March 23

Chicago Association of Women in Law Enforcement

Community Policing Award
Chicago FOP Lodge 7
1412 W. Washington Blvd., Chicago
6-8 p.m.

For information, go to www.cawle.org

March 25

Nights of Columbus Police Council 12173 25th Anniversary Gala Dinner

Carlisle Banquets
435 Butterfield Road, Lombard
6-10 p.m.

\$140 per ticket
For more information, visit https://knights12173.us/events_calendar/#single/0

March 25

Will County Sheriff's FOP Lodge 94 Candlelight Bowling Fundraiser

Strike N Spare II
811 Northern Drive, Lockport
8-11:30 p.m.

\$30 per bowler, \$20 per guest
For more information, email evascifop94@gmail.com or visit <https://willcountyfop.org/events/bowling>

April 27

18th District Retiree's Lunch

European Chalet
5445 S. Harlem Ave., Chicago
11 a.m.

\$40 for lunch and open bar
For information, contact John Wotring at johannywo1@aol.com

May 3

CPD Golf League North 2023 (22-week season)

Maple Meadows
272 Addison Road, Wood Dale
6:30-9:30 a.m.

For more information, call 773-742-3131 or email cpdglN2020@gmail.com
To view the application, visit cpdnorth.golfleague.net

May 6

Polish American Police Association Polish Constitution Day Parade

Chicago FOP Hall
1412 W. Washington Blvd. 3, Chicago
9 a.m.-noon

June 3

Brothers of Justice District 13th Annual Blessing of the Bikes

10th District Headquarters
3315 W. Ogden Ave., West Lot
10 a.m.

For more information, visit <https://www.chicagofop.org/news/events?view=article&id=393&catid=15>

June 4

Lake County, Indiana FOP Lodge 125 Sunday Funday Car & Bike Show

Lake County Fairgrounds
889 S. Court St., Crown Point, IN
10 a.m.-4 p.m.

For more information, call 219-308-3288 or email cakey552@yahoo.com

June 12

German American Police Association 26th Annual Golf Outing

Renwood Golf Course
701 East Shorewood Road,
Round Lake Beach
8:30 a.m.

\$110 per golfer
To register, visit <https://www.gapachicago.org/wp-content/uploads/2023/02/gapa-winter-2023-web-pages-3.pdf>

June 27

Wally Rolniak FOP Lodge 6 Golf Outing

Lincoln Oaks Golf Course
395 E. Richton Road, Crete
8 a.m.-5 p.m.

\$100 per player
For more information, call 708-516-3079 or email il.wrse.fop6@gmail.com

July 30

Spoon River Valley FOP Lodge 427 Catfish Tournament 2023

Riverfront Park
112 N. Schrader St., Harvana
6 a.m.-12 p.m.

\$80 entry fee per boat
For more information, call 309-648-0908 or visit <https://www.ilfop.org/event-fop/cat-fish-tournament-2023/>

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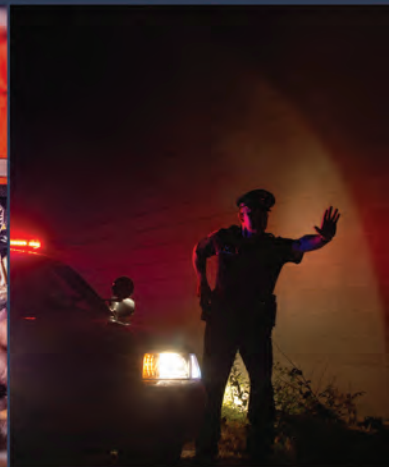
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Lee I. Duran	Officer	019	28	James A. Sankovich	Officer	008	21
Curtisteen J. Gilbert	Officer	014	28	Marco J. Simonetti	Officer	016	29
Jerome M. Malkowski	Detective	620	30	Elsworth J. Smith	Officer	002	24
Joseph D. Marszalek	Detective	630	30	Steve Soria	Detective	630	29
Carl E. Martin	Officer	002	25	Brian S. Spain	Detective	630	25
Jerry D. Martin	Officer	050	32	Darrell F. Steinle	Officer	050	32
Stan Matoska	Officer	001	30	Ramona Y. Stovall	Officer	018	31
Erika J. Mionskowski	Officer	012	28	Lori A. Stranski	Officer	018	26
Timothy J. Murphy	Detective	181	29	Gerome Summers	Officer	701	25
Michael A. Napoli	Officer	015	21	John A. Svienty	Officer	008	21
Richard W. Neumayer	Officer	014	25	Nicholas W. Tavares	Officer	001	28
Robert D. O'Connell	Officer	701	30	Michael Theis	Detective	610	19
Edward S. Pakula	Officer	145	28	Henry F. Thomas	Detective	620	26
Joseph E. Pizza	Officer	019	32	Carolyn Y. Tovar	Officer	124	31
Martin P. Preib	Officer	019	21	Norma I. Vega	Officer	017	21
Mark A. Regal	Detective	630	30	Felician Vitca	Officer	020	24
Mark A. Reno	Officer	051	27	William T. Wagner	Officer	008	21
Patrick J. Riley	Detective	650	28	Hillel Watkins	Officer	701	23
Jacquelin Roberson	Officer	002	28	Fredrick Withers	Officer	001	30
James G. Robinson	Officer	116	32	Karla S. Witt	Officer	018	25
Erik A. Rodriguez	Officer	192	27	Michael R. Yzaguirre	Officer	017	29
Keith B. Ross	Officer	004	25	Charisse J. Zeno-Davis	Officer	002	32

Retiree Meetings

Check the contact info listed with each location to confirm meetings are being held

North

First Monday of month
@ 9 a.m.
Kappy's American Grill
7200 Dempster St., Morton Grove
Ken Hauser, 312-485-8388

The Northsiders' Luncheon

Third Wednesday of January, April,
July, October @ noon
Suparossa, Chicago
Paul Vitaioli, 312-402-1040

South

Second Wednesday of month
@ 10 a.m.
Jedi's Garden, Oak Lawn

8-Ball Luncheon

Last Wednesday of month
@ noon
Les Brothers, Oak Lawn
Dorothy Piscitelli, 773-972-0139

Bomb and Arson

Second Monday of month

@ 9 a.m.
Fiesta Tapatia Restaurant
Chicago
Ross Horne, 312-613-9182

12th District Retirees and Alumni

First Thursday of month
@ 10 a.m.
Southern Belles Restaurant
Bridgeview
12retirees@comcast.net

Crime Lab, ETs, Forensic Services and Mobile Unit

First Tuesday of month @ noon
Flap-Jacks Restaurant, Oak Lawn
Bob Baikie, 773-284-1935

Orland Park Law Enforcement Organization

Third Thursday of month
@ 7:30 p.m.
Orland Park Civic Center
Orland Park
Don Ade, 708-408-9308

Survivors Lunch

Second Saturday of month
@ 11 a.m.
Beverly Woods Restaurant
Chicago

Public Housing Unit (North, South and Administration)

First Wednesday of month
@ 10 a.m.
George's Restaurant, Chicago
Maurice Brown, 773-577-0154

Arizona Retirees

Third Wednesday of month
@ 11 a.m.
Eagle Buffet at Casino Arizona
524 N. 92nd St.
Scottsdale, Arizona
Brian DuFour, 623-521-6146 or
bdu4@aol.com

Arkansas Retirees

Third Friday of month
@ noon

Elks Lodge
Mountain Home, Arkansas
Bob Zdora, 870-405-5407

Florida Retirees

First Wednesday of month
@ 1 p.m.
Cop Shop, Cape Coral, Florida
Tom Faragoi, 239-770-7896

Michigan Retirees

First Thursday of month
@ 8 a.m.
Macks on Main
101 W. Cedar Ave.
Gladwin, Michigan

Northern Illinois/Southern Wisconsin Retirees

Second Thursday of month
Herner's Hideaway
N202 Williams Road
Genoa City, Wisconsin

Remembering Sisters and Brothers who have passed

Name	Status	Age	Date of Passing
Marianne R. Smith	Retired	75	July 5, 2022
Robert P. De Marco	Retired	81	July 23, 2022
Fred C. Laubach	Retired	82	Jan. 24, 2023
Frank B. Martin Jr.	Retired	86	Feb. 1, 2023
Ross J. Anthos	Retired	84	Feb. 5, 2023
William D. Holman	Retired	79	Feb. 7, 2023
David C. Lawton	Retired	85	Feb. 9, 2023

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FIORETTO

Recently, I attended a Legal Counselors’ Seminar, sponsored by the National Fraternal Order of Police. Each February, attorneys representing FOP Lodges from across the country convene to discuss “hot topic” issues. One topic this year, surprisingly, caught my attention — as well as that of many others present.

Over the past several years, many states have started to legalize the use of marijuana for recreational purposes. Indeed, in January 2020, Illinois became the eleventh state to legalize recreational marijuana. Illinois already had passed a law in 2004, known as the Illinois Medical Cannabis Patient Program (MCP), which has enrolled more than 172,000 qualifying patients in the state’s medical cannabis and opioid alternative programs. Not surprisingly, in 2022, the 113 licensed dispensaries across Illinois sold \$1.5 billion worth of marijuana products. According to some reports, Illinois sales were up 12 percent from 2021 and 131 percent from 2020 — the year that recreational cannabis became legal. According to one source, on Jan. 1, 2020, the first day of legal recreational sales, more than 77,000 customers spent \$3.2 million in legal sales at dispensaries across Illinois.

It goes without saying, however, that no matter what a state does, under federal law (the Controlled Substances Act), marijuana remains a controlled substance whose use, sale and possession are federal crimes. As many readers here know, marijuana is listed as a Schedule 1 controlled substance under the federal law and remains on the most restricted schedule, which includes such other drugs as heroin and LSD.

What I learned during this session is that a total of six states (New Jersey, New York, Nevada, Connecticut, Montana and California) have started to allow law enforcement officers to use marijuana, leading to a great deal of confusion — both for officers and the agencies who employ them. Although officers in some of those states can use recreational marijuana off duty without the fear of being disciplined, these new policies have been inconsistent and really miss the realities that come along with the use of marijuana and the impact when officers do report to work.

The most common issue arises when an officer tests positive while on duty (either after a random drug test or after a critical incident). No valid test method exists which can accurately attest the impact on individuals who consumed

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marijuana while off duty and, more importantly, when marijuana was last used. What are the limits? Does it vary from person to person? The general consensus is this: If you are an active police officer, refrain completely from consuming any marijuana during your career. The potential impact can be career ending.

Well, what about CBD oil? Can you use it off duty? Err on the side of caution and refrain from usage. At issue is the level and unknown level of THC in any given CBD oil product. The marijuana plant contains more than 100 different chemicals called cannabinoids. Each one has a different effect on the body. Delta-9-tetrahydrocannabinol (or THC) and cannabidiol (or CBD) are the main chemicals used in medicine. THC is what produces the “high” people feel when they smoke marijuana or eat foods containing it. Often, it is difficult to determine those levels.



Another important item to keep in mind is what you plan to do with your career after leaving the Chicago Police Department. Most federal agencies prohibit the use of marijuana at any point in an applicant’s life — even when that person consumed marijuana in a state which has legalized the usage. Also, obtaining certain security clearances may be difficult, especially if a person has used marijuana in the past two years.

As the speaker at the seminar concluded the presentation, he offered some sound advice: “It is highly recommended that law enforcement officers be urged not to use recreational marijuana even where authorized by state or local laws. There remain too many risks for doing so.” I would echo his sentiment.
Be safe!



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SAFE-T Act gets put to the test



TIM GRACE

The good old SAFE-T Act is going to finally get put to the test to determine its constitutionality. A group of prosecutors, led by Kankakee County State's Attorney Jim Rowe, has courageously filed suit to enjoin the implementation of the Illinois Safety, Accountability, Fairness and Equity Today Act and successfully argued that a portion of the act is unconstitutional. A state judge ruled that the act violates the separation of powers provision of the Illinois Constitution with respect to bail and that the provision of the law be tolled.

But the movement, never willing to give an inch, especially when it comes to that pesky thing called the law, appealed the ruling directly to the Illinois Supreme Court. Briefs have been submitted, and the matter should be decided within the next few months. Lodge 7 has filed a brief in support of Mr. Rowe's challenge, and we await the court's response as to whether it will consider our filing. The battle lines have been drawn, and the court is faced with a serious decision as to the future of law and order in our state.

As you recall, in 2021, Governor Pritzker signed into law sweeping criminal justice reform known as the SAFE-T Act.

The law is a hodge-podge of anti-police provisions, but most importantly, the effect on pretrial detention is profound. The law essentially mandates that offenders charged in the majority of crimes are not to be held pretrial and not to be required to post a monetary amount. The argument presented to the lower court was that by taking away the discretion from the prosecutors and the judges, the law infringes on the power of the court.

The Illinois Constitution provides that monetary bail is within the discretion of the courts to determine the potential threat an offender would pose to the physical safety of any person. (Ill. Const. art. I. Sec. 9.) The longstanding purpose of bail is to balance the defendant's rights with the interests of the criminal justice system, including assuring a defendant's presence at trial and protecting the public. Bail and pretrial detention have been used since the founding of the United States and upheld time and time again by the U.S. Supreme Court. Not only do pretrial detention and monetary bail help to ensure that defendants return for trial, but they protect the public from active criminals, and they protect witnesses and victims of crime from retaliation and intimidation. The SAFE-T Act explicitly abolishes monetary bail, not only in



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contradiction of the Illinois Constitution, but at the expense of the safety of police officers and the communities they serve.

On Dec. 31, 2002, the matter went before the Illinois Supreme Court, and the court correctly issued an order staying the effective date of the pretrial release provisions on a statewide basis while the appeal is pending. Under Illinois law, parties who are not an action to case but are affected by its outcome may file an amicus curiae or “friends of the court” brief. Lodge 7 has done that, and we pointed out that Cook County already has its own version of the SAFE-T Act, which has been devastating to crime in Chicago.

In 2017, the Circuit Court of Cook County, Illinois, issued G.O. 18.8A (effective September 2017), which was intended to reduce the use of monetary bail and increase pretrial release of defendants. Similar to the expected result of the SAFE-T Act, the Cook County’s order resulted in a dramatic increase in pretrial releases. According to Cook County, between Oct. 1, 2017 (approximately two weeks after the order took effect) and June 30, 2021, more than 18 percent of pretrial defendants committed felonies while on release. Of course, Cook County — never wanting to not be the tip of the spear for coddling criminals — has demonstrated exactly what can happen when we lose sight of the purpose of the criminal justice system: to ensure the rights of the accused while not deprecating the seriousness of their acts and protecting the public at large.


A study at the University of Utah of the Cook County bail reform shows that in the relevant time periods of pre-reform and post-reform analyzed, the order resulted in an increase of released pretrial defendants from 20,435 to 24,504. (Paul Cassell and Richard Fowles, *Does Bail Reform Increase Crime? An Empirical Assessment of the Public Safety Implications of Bail Reform in Cook County, Illinois*, Utah Law Faculty Scholarship. [2020]). According to the study, this increase in pretrial releases resulted in a 45 percent increase in crime committed by pretrial releasees. This significant increase resulted despite the continuing trend of decreased overall crime. Even more disturbing, violent crime committed by pretrial releasees increased by 33 percent. The number of defendants released with a “violence flag” increased by 39 percent. The percentage of released defendants charged with violent crimes increased from 43.2 percent to 46.5 percent, and the percentage of released defendants charged with crimes against a person increased from 48 percent to 61.6 percent. Released defendants charged with weapons offenses increased from 60.6 percent to 76.4 percent. The study further illustrates the result of Cook County’s bail reform by pointing out that over the 2019 Memorial Day weekend, 118 adults were charged with felony weapons offenses. An alarming 30 percent of those arrested were released without posting any monetary bond.

The brief we filed on the behalf of the Lodge argued that there is no need to “guess” or “experiment” what the results of this type of legislation will bring. Seen it and done it. This data illustrates the distressing result of the increasingly dangerous trend of Illinois lawmakers putting criminals before law-abiding citizens and those who protect them. The implementation of the SAFE-T Act will undoubtedly result in more pretrial defendants being released, as has occurred in Cook

County. In fact, the SAFE-T Act goes even further than Cook County has in its design and purpose to eliminate monetary bail and remove discretion from courts in pretrial detention. The SAFE-T Act not only eliminates monetary bail, but it also narrows the legal basis for pretrial detention, removing discretion from courts and prosecutors. The result will be dramatic increases in crime, violent crime and danger to communities across Illinois.

Chicago Police Officers, and all law enforcement across Illinois, are uniquely affected by the implications of the SAFE-T Act on the criminal justice system. Moreover, the data presented here confirm that the previously described level of fear reported by residents of Chicago is warranted. Residents of the city of Chicago go to bed each night secure in the knowledge that their officers stand ready to protect them from harm. They know that when they call, police officers will respond immediately, placing the safety of others ahead of their own security. Officers will respond courageously, regardless of the danger to themselves. Their families and friends worry more about them than the officers do themselves. They are proud to serve and never hesitate to answer a call. That is their job, their duty and truly their calling in life. It is a shame that the politicians don’t see it that way, as the movement is always more important than common sense.

Stay safe, and we will keep you posted.



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Portraits by Peter Bucks

Tributes to officers from the CPD Officer, Lodge 7 member and renowned artist

‘Follow in the footsteps of others’

■ BY ESTHER GONZALES

Working on the West Side of Chicago for 10 years, 11th District Officer Stefany Solis has become adamant about helping others by relating to them and understanding that not everyone is always in a good situation.

Once, Solis received a call from a family of four kids. She recalled that both the mother and oldest brother would often come and go, leaving the other three children on their own. After hearing their story, Solis and her partner decided to take the children out to lunch. Going the extra mile, Solis also remembers purchasing groceries and new clothing for the children as well.

Then, during the holidays, Solis gathered donations to purchase presents and even a TV, because they hadn't had one in a long time. Right away, Solis could see just how grateful these children were.

“It’s the little things that make a difference in people’s lives,” Solis said. “Just being able to listen to others, I think that’s the biggest thing. Some people just want somebody else to listen to them.”

Another time, Solis and her partner responded to a call of a man who was robbed.

When they arrived at the scene, the man, who had a wheelchair, was lying on the ground. After helping him back into his wheelchair, Solis learned he was trying to catch a ride on a bus. Reaching into her pocket, Solis pulled out \$5 to give to him. Later, her partner told her she gave him \$5 too, for the same reason.

“Sometimes you just match with people within the department who actually care and want to help others,” Solis said. “I’ve learned it’s just really connecting with the resources you have within the department to try and help others.”

Solis’s affinity for helping others came from her family. Her father is a retired special agent who worked 27 years with immigration services, and her mother is a retired Chicago Police Officer who was on the job for 25 years in the 11th District. And Solis’s sister is on the job in the 18th District.

Growing up, Solis remembers witnessing her parents loving

their jobs. Her father often traveled for his profession, and her mother enjoyed working with CPD.

As a 14-year-old, Solis loved hearing stories of how her mother assisted underprivileged communities.

“It’s just nice to have different role models to look up to,” Solis said. “Especially with my mom being on the same job. She’s very well respected. A lot of people love her, and it’s just nice to follow in the footsteps of others. We’re pretty much being guided to do the same thing.”

When Solis first came on the job, she said she often heard comments like, “Oh, I know your mom,” or “I remember your mom. She was such a great person.” Even now, Solis receives remarks from bosses who stop to say hello because they knew her mother.

With two daughters of her own, Solis noted that she aspires to become the same type of role model for them by always helping others.

“I’m a strong believer of treating people with kindness, always,” Solis explained. “Sometimes just being kind to others can make one person’s day. Or you just make a difference in somebody’s life and you don’t even realize it.”

Reflecting on her 10 years on the job, Solis added that she has received many expressions of

gratitude over the years. She has experienced that, most of the time, people just need someone to listen, and they are so thankful when you go that extra little step.

Like the time a man’s car broke down.

Solis and her partner at the time assisted him for more than an hour trying to restart his car. Solis said he persisted in asking, “How can I pay you back?” But she wanted to give him a new perspective and show that this is what they do.

And moments like that affirm for Solis what she loves most about the job.

“There’s a lot of good people in this world still, so be the change you want done,” Solis added. “I was just telling another officer, ‘I love my job. I love going to my job every day still and trying to help other people and understand people.’”



STEFANY M. SOLIS

Star #8246
11th District

Seeing bipartisan support for our efforts



DAVE SULLIVAN

We are seeing bipartisan support for our renewed efforts to work with the legislature. And our bridge building with some legislators — who have not always voted the way the FOP wants — is showing great progress as well. We are moving forward together.

The pension COLA bill for Chicago Police Officers now has bipartisan sponsorship, and the lead sponsors in both the House and Senate voted for the Safe-T Act. In fact, the House Sponsor of the Safe-T Act is now sponsoring HB 2821 for the FOP.

We appreciate Representative Justin Slaughter's leadership on this issue in the House. Senator Rob Martwick is the lead sponsor in the Senate. Northwest Side Democrat Representative Lindsey LaPointe and Republican State Representatives Brad Stephens and John Cabello are all co-sponsors. We greatly appreciate their strong support.

The legislature will be very busy for the next couple of months, working on the thousands of bills that have been introduced. We continue to work with legislators on both sides of the aisle on key legislation.

On March 2, a moving bipartisan tribute was held on the House floor in honor of murdered CPD Officer Andres Vasquez Lasso. Beautiful comments were offered by Chicago Democratic Representatives Aaron Ortiz and Mike Kelly as well as Republican Representative Dennis Tipsword, who is also a Central Illinois police officer.

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Making music with what you have left



RABBI
MOSHE
WOLF

Did you ever notice there are some people who always show up for work in a good mood and ready to share a laugh, and then there are those who walk around looking like they are carrying the weight of the world? Recently while attending a roll call, I was standing at the door of the room handing out some sweets, and this officer walked in with a big smile. His uniform was just right, clean, well pressed, and all his equipment was just right. We chatted a bit, and I asked the officer, “What is the secret to your great attitude?” He said, “Rabbi, sometimes you have to make music with what you have left.” And he continued, “Let me tell you the story.”

On Nov. 18, 1995, Itzhak Perlman, the famous violinist, came on stage to give a concert at Lincoln Center in New York City. If you have ever been to a Perlman concert, you know that getting on stage is no small achievement for him. He was stricken with polio as a child and has braces on both legs and walks with the aid of two crutches.

To see him walk across the stage one step at the time, painfully and slowly, is a sight. He walks painfully, yet majestically, until he reaches his chair. Then he sits down, slowly, put his crutches on the floor, unfastens the clasps on his legs, tucks one foot back and extends the other foot forward. Then he bends down and picks up his violin, puts it under his chin, nods to the conductor and proceeds to play. By now, the audience is used to this ritual. They sit quietly while he makes his way across the stage to his chair.

They remain silent while he opens the clasps on his legs, they wait until he is ready to play. But this time, something went wrong. Just as he finished the first few bars, one of the strings on his violin broke. You could hear it snap — it went off like gunfire across the room. There was no mistaking what he had to do.

People who were there that night thought to themselves:

“We figured that he would have to get up, put on the clasps again, pick up the crutches and limp his way off the stage, to either find another violin or else find another string for this one. Or wait for someone to bring him another.”

But he didn’t. Instead, he waited a moment, closed his eyes and then signaled the conductor to begin again. The orchestra began, and he played from where he had left off. And he played with passion and power and purity that they had never heard before.

Of course, anyone knows that it is impossible to play a symphonic work with just three strings. I know that you know that. But that night, Itzhak Perlman refused to know that. You could see him modulating, changing and recomposing the piece in his head. At one point it sounded like he was de-tuning the strings to get new sounds from them that they had never made before. When he finished, there was an awesome silence in the room. And then people rose and cheered. There was an extraordinary outburst of applause from every corner of the auditorium. Everyone was on their feet, screaming and cheering, doing everything they could to show how much they appreciated what he had done. He smiled, wiped

the sweat from his brow, raised his bow to quiet the audience. He said, not boastfully, but in a quiet reverent tone:

“You know, sometimes it is the artist’s task to find out how much music you can still make with what you have left.”

What a powerful line that is. And who knows? Perhaps that is the way of life — not just for an artist, but for all of us. Here is a man who has prepared all his life to make music on a violin with four strings, who all of a sudden in the middle of a concert, finds himself with only three strings. The music he made that night with just three strings was more beautiful, more sacred, more memorable, than any that he had ever made before, when he had four strings.

So perhaps our task in this shaky, fast-changing, bewildering world in which we live, is to make music — at first with all that we have, and then when that is no longer possible, to make music with what we have left. We are living in an era faced with many challenges, political, financial, emotional, where so much has changed. Let us stop for a moment and think how we can make beautiful music with what we have left. And please, never forget the next parable showing that sometimes, you just have to let go:

Jack was walking along a steep cliff one day when he accidentally got too close to the edge and fell. On the way down he grabbed a branch, which stopped his fall. He looked down and to his horror, saw that the canyon fell straight down for more than a thousand feet. He couldn’t hang onto the branch forever, and there was no way for him to climb up the steep wall of the cliff. So Jack began yelling for help, hoping that someone passing by would hear him and lower a rope or something. “Help! Help! Is anyone up there? Help!” He yelled for a long time, but no one heard him. He was about to give up when he heard a voice.

“Jack, Jack. Can you hear me?”

“Yes, yes! I can hear you. I’m down here!”

“I can see you, Jack. Are you all right?”

“Yes, but who are you, and where are you?”

“I am the Lord, Jack. I’m everywhere.”

“The Lord? You mean, G-d?”

“That’s Me.”

“G-d, please help me! I promise, if you’ll get me down from here, I’ll stop sinning. I’ll be a really good person. I’ll serve You for the rest of my life.”

“Easy on the promises, Jack. Let’s get you off from there, then we can talk. Now, here’s what I want you to do. Listen carefully.”

“I’ll do anything, Lord. Just tell me what to do.”

“Okay. Let go of the branch.”

“What?”

“I said, let go of the branch. Just trust Me. Let go.”

There was a long silence.

Finally Jack yelled, “Help! Help! Is anyone else up there that I can talk to?”

Have you ever felt like Jack? We say that we want to know the will of G-d, but when we find out what it is, we can’t handle it. It sounds too scary, too difficult. We decide to look elsewhere.

When G-d says, "Let go of the things that stand between you and Me, and trust Me with your life," it sounds pretty scary. But when we let go, we find freedom, safety and comfort in His hands.

And before we close, some humor from the "Moshe Files" to keep you smiling:

Norma and Sonia were talking about their grandchildren after the holidays. Norma said, "My daughter-in-law stopped making my grandchildren send their thank-you notes. Each year, I sent the grandchildren a card with a generous check inside. I always received a lovely thank-you note. However, since my daughter-in-law stopped making the grandkids send thank-you notes, I never hear from them."

Sonia said, "My daughter-in-law never made the grandchildren send thank-you notes. I too send them a very generous check. However, for the past several years, I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow," said Norma. "I wish I could get mine to do that."

"You can, Norma. You can."

"How?" Norma asked.

"It's simple," said Sonia. "Do what I do. Don't sign the check."

On behalf of all your chaplains, may G-d bless you and keep you safe. Should you need an ear to listen, a shoulder to lean on or perhaps have some good humor to share, please don't hesitate to give us a call at the Chaplains' Unit 24/7 at 312-738-2831.

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Check us out by coming to a Blue Mass



FATHER DAN BRANDT

Thank you to the folks at St. John Fisher Parish for hosting a Blue Mass on Feb. 19. The Mass coincided with a Chicago Police Memorial Foundation "Get Behind The Vest" fundraiser pancake breakfast co-hosted by Alderman Matt O'Shea. A huge crowd came out to support an outstanding cause.

Here you see a picture taken after the Mass. Father Bill McFarlane (CFD Chaplain) and I are flanked by members of the CPD Mounted Unit.

If you happen to be reading this column prior to March 19, please join us that day at 9 a.m. at St. Helen Parish (2301 W. Augusta Blvd.) for a Blue Mass, where we'll pray with and for our first responders.

Yet another Blue Mass will be celebrated on Sunday, April 30 at Immaculate Conception Parish (just off the Kennedy at Talcott and Harlem, in Norwood Park). As always, all are welcome!

During the Lenten season, many people try to pray more intentionally. So, just a reminder: Every Friday at 1 p.m., the



Chaplains Section continues to facilitate a Bible study/prayer/faith-sharing group at the police academy. No matter your faith tradition, all are welcome to share and hear words of encouragement at these brief Christian-based gatherings.

A similar (though more intimate in size) non-denominational Christian prayer opportunity is offered every Wednesday at 12:30 p.m. in the multi-purpose room at Public Safety Headquarters.

And Muslim (Jumma) prayers are offered every Friday at 1 p.m. in room 202 of the academy.

To confirm times, or if you'd like more information, please email joseph.jackson@chicagopolice.org, kimberly.lewisdavis@chicagopolice.org, or hysni.selenica@chicagopolice.org.

In addition to our regular second and fourth Sunday Masses at Mercy Home (11 a.m. at 1140 W. Jackson Blvd.), we'll gather for Mass on Easter morning (April 9) at 10...note the difference in time for the holiday. So that social distancing can be observed, we gather in the indoor soccer field rather than the chapel. More information can be found on the "Police Masses" link at www.chicagopcm.org.

Also on Easter morning, I'll be celebrating a sunrise Mass at 6:15 a.m. in the grand ballroom at McCormick Place. If you happen to want some early "churchin' up" on Easter morning, you are most welcome to join us there.

The weekend before Valentine's Day, Chaplain Kimberly Lewis-Davis and EAP Clinician Lisa Martirena co-facilitated a police marriage retreat at a resort in Wheeling. All couples in attendance had a wonderful time learning eight habits for a successful marriage. See the photos from the event and the couples who attended at the bottom of this page.

Keep up with all of the above and lots more on our website (www.chicagopcm.org).

May God bless you and keep you safe and healthy! Thank you for doing God's work.

Call or text Father Dan Brandt, directing CPD chaplain, at 773-550-2369 or email him at dan.brandt@chicagopolice.org.



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Sergeant Lazaro Altamirano,
Star #1060

Nominated by Police Officer
Michael Hayes, Star #14618



On May 14, 2022, Mayor Lightfoot's "Summer of Joy" had just kicked off, and officers were assigned to Millennium Park in a covert capacity as well as in uniform. The covert officers mingled in the crowds, and the uniformed officers worked a perimeter. Chicago's armed youths converged on the Bean like a scene from the movie "Blackhawk Down."

A single gunshot was reported, and a male teen victim was discovered to be shot in his chest. As officers on scene rendered aid, other officers waded through the chaotic scene of groups of youths skirmishing. The officers observed a youth fleeing from the scene drop a gun to the ground, pick it up and place it into his waistband.

The officers surrounded the shooting offender and placed him into custody without incident. A second offender was observed armed with a handgun as well and was observed

approaching the shooting offender. The second offender observed the officers placing the shooting offender into custody and attempted to flee the scene. The officers gave chase and apprehended the second armed offender a short distance away.

The juvenile victim succumbed to his wound, cutting his life short. The shooting offender was charged with UJW and second-degree murder. The second armed offender was charged with UJW. Due to the prompt response by officers involuntarily assigned to work their regular day off, they were able to curtail some of Chicago's chronic and senseless violence.

It is with great appreciation that FOP Chicago Lodge 7 presents these officers with the Distinguished Service Award.

Chicago Lodge 7 Officer Awards



Valor Award

Police Officer Alfredo Liera,
Star #14640

Police Officer Jesus Macedo,
Star #18919

Police Officer Santos Ruiz,
Star #14135

Police Officer Nicholas Verta,
Star #15977



Distinguished Service Award

Detective Joseph Bowes,
Star #20886

Sergeant John Lally,
Star #1813

Nominated by
Detective Daniel D. Gorman,
Star #20275



In the early-morning hours of Sept. 18, 2022, 8th District tactical officers were working a four-man unit that toured the dividing line of a gang conflict zone. The officers observed a group of subjects entering the opposing gang territory.

Once spotted, the offenders fled in different directions. The officers pursued the offender, who was clutching his waistband, indicating that he may be armed with a handgun. The officers were cognizant of the department's "foot pursuit policy" and were able to avoid being separated from their partners.

The offender continued to flee from the officers running through gangways and yards. The officers gave verbal direction for the offender to drop his gun, but he did not comply. Instead,

the offender pointed the gun at the officers in mid-stride as he continued to flee.

The officers, fearing for their lives, fired their weapons and struck the offender. The officers immediately recovered the offender's gun and rendered aid.

Despite the entire incident being captured on body-worn camera, the Cook County State's Attorney's Office was hesitant to pursue charges. Due to the efforts of the dogged followup investigators, charges were finally approved.

It is with great appreciation that FOP Chicago Lodge 7 presents these officers with the Valor Award and the Distinguished Service Award. Thanks for a job well done.



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When should your kids inherit?



TOM TUOHY

Let's start with the obvious answer – your kids should only inherit your estate many years from now!

If you knew when it was your time to go, all this would be much easier to plan. Of course, we don't know, but we all know that none of us are getting out of this thing alive. You make the best of your time and do what you can now to ensure you don't leave a mess behind.

So you create a plan as soon as possible, put it in the drawer and get on with living.

What is the best plan for your kids or other beneficiaries?

The age of majority

The legal age of majority is 18. However, majority isn't always maturity. And 18 is rarely a mature enough age to come into a sizable sum of money, property and life insurance. The good news is that you can control inheritance, giving your kids a final gift that keeps on giving and provides them with financial security.

The only way to plan your estate is to consider the fact that you may die tomorrow. Would you be happy with how you left your finances for your kids or any beneficiary? Would everything be in order?

The answers to those questions provide the essential truth in planning: do it today. Putting it off is a risky proposition every day.

What is the right age to inherit?

I leave that answer to you, but I will give you my favorite example. A client completed his living trust and died suddenly a short time later. He left a 16-year-old son and a \$600,000 estate

as a single parent. However, he planned and made decisions that serve as an enduring example.

The first decision was to choose a living trust and not a will, so he completely avoided probate, which would have tied up the estate in court until his son reached 18 — and at 18, he would have gotten it all.

Instead, the estate was held privately, in trust, with his sister as trustee and with an age of final distribution of 30. Before age 30, his sister would provide for his son's health, education and welfare from the trust.

The outcome of controlled inheritance

My client's son was not happy, of course. He was 16 and wanted it all right then. And he wanted it all at 18. Here is where it gets good.

He wanted to buy a townhouse at age 21, and his aunt initially resisted because he wasn't responsibly paying the utilities on the apartment she rented for him. I suggested she purchase it for \$125,000 cash and have him sign a lease that pays what is wasted in rent back to his trust for his new home. If he is late, evict him, rent it or sell it. He never missed a payment.

At 25, he wanted to buy a body-and-fender shop where he worked for \$60,000. His trust paid for it.

At 30, he had a mortgage-free townhouse worth \$275,000, a successful business and a trust fund that had grown to \$1.4 million.

I heard from him recently, and he said that if his father hadn't done what he did, he would have been broke by 19. Now he is set for life.

The choice is yours. What is best for your kids?

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Tom Tuohy is the grandson of a CPD Chief and son of a CPD Detective

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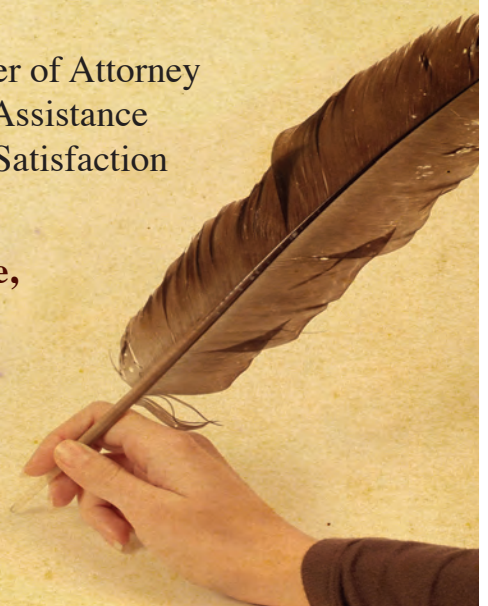


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When CPD provided its retirement seminar, I offered all police officers and their family members a one-third reduction in my fees for a complete living trust estate plan on the day of the seminar. I am extending that offer through the FOP and this magazine for as long as there is interest.

At the end of your life or incapacitation, your family risks probate if you have property, investments, or bank accounts in your name.

- A will = probate. The law states that no one can legally sign your name. Therefore, all assets in your name are subject to the probate process, which averages 18 months and is costly.
- A living trust avoids probate.
- Your financial accounts, life insurance policies and deferred compensation accounts can name your living trust as beneficiary, subject to essential tax considerations.
- A living trust estate plan includes health care and financial power of attorney documents. It also consists of a last will and testament.
- A will is necessary for guardianship of minor children. It also transfers assets in your name out of probate.
- A living trust contains a no-contest provision and beneficiary asset protection clauses.

Tom Tuohy is the founder of Tuohy Law Offices and the FOP Benefits Plan. He has been a police lawyer for more than three decades. His father was a CPD detective, and his grandfather was the CPD chief of major investigations. You can reach Tom at 312-559-8400, tom@tuohylawoffices.com, or visit his office in Oakbrook Terrace.

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It's OK to Ask for Help

"If you're serious about changing your life, you'll find a way. If not, you'll find an excuse." - Jen Sincero



DR. RON
RUFO

"If you're serious about changing your life, you'll find a way. If not, you'll find an excuse." - Jen Sincero I wrote my book, "Breaking the Barriers," for all officers to take a good hard look at the life they have been living. It is my hope and dream that this book will inspire officers to sidestep the path that leads to despair and begin to follow the road to peace and happiness.

Officers often deal with sadness and sorrow on a daily basis. Many officers are expected to just "suck it up." The only problem is that officers are humans, not robots; they have feelings, and it is often difficult to just put those horrifying scenes out of their mind.

Officers often suffer in silence, by themselves, not wanting to share past experiences that have begun to pile up like excess baggage.

Officers are asked to go from one traumatic incident to the next, without being able to process what they have just experienced. Supervisors need to step up and take officers who are on their team out of service for awhile. This will give those officers a chance to regroup and process the severity of the incident. An officer is built up to be brave, strong and unbreakable — but as human beings, we all have our breaking point. There is no-one-size-fits-all approach when it comes to emotional wellness. I believe the best way for an officer to embrace emotional wellness is through a gradual transformation.

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No one likes drastic change, and police officers often lead that group. I believe three components are needed to sustain emotional wellness and lead to a happier and healthier life. Those three components are physical, psychological and spiritual. I believe that each component intertwines with the others; leave out one of the three ingredients, and it lacks balance.

Physical. We need to fuel the body with nutrients and healthy food. I like the saying that we need to eat to live, not live to eat. Many people have relayed they have experienced euphoria when they worked out, exercised, ran or walked. It is also important to get the proper amount of rest so the body can function correctly.

Psychological. Police officers need to engage in a new way of thinking. Optimism should be their constant shadow. They need stress management techniques in their lives, which includes learning not to take home the problems they have experienced on the job, and taking a deep breath a few times a day to relax their minds and bodies. Officers need to seek and provide support for one another. They need to tune in to their feelings when overwhelmed with stress. Most of all, they need to forgive, not only themselves but others. Holding on to a grudge does nothing but bring a person down. They need to be open to positive change and having a vision of what happiness is all about.

Spiritual. Officers need to take time to be alone, listen to their inner souls and make peace within themselves. It helps to meditate and relax after a stressful encounter. They can nurture that inner spirit through yoga, Reiki and other techniques to relax their mind and spiritual wellbeing. I have seen many first responders suffer silently in pain, trying to figure out in their minds how they can accept and deal with the emotional pain of the job.

When a person breaks a leg, they get it repaired, no questions asked. No one would walk around with the pain from a broken leg. A police officer's emotional wellbeing is just as important. That stigma of being weak if they seek help must be buried once and for all. It is important to know that getting any form of mental help or therapy is what they need to heal any pain that they may be suffering or have suffered on the job as first responders.

Officers are human, and they may need to talk to someone about the trauma they have encountered or witnessed on the job. They just can't carry the weight of those tragedies and misfortunes that weigh heavy on their shoulders. How much can the officer take before their emotional state is overwhelmed with frustration and depression? I compare an officer who is willing to express their feelings to someone who would like to cleanse their soul. Just this simple act is like taking the weight of the world lifted off their shoulders.

Dr. Ron Rufo is a highly decorated Chicago Police Officer with more than 22 years of service. He began his career in the 9th District, was assigned to the prestigious Ambassador Program and was eventually assigned to the Preventive Programs Unit, where he served as a crime prevention speaker for over 13 years. For most of his career, Dr. Rufo was a peer support team leader for the CPD Employee Assistance Program (EAP) of the Chicago Police Department. He has had specialized training in police suicide prevention and is a member of the Critical Incident Team. He retired from the Chicago Police Department in July 2015. He is the author of "Police Suicide: Is Police Culture Killing Our Officers?" and "Breaking the Barriers: Changing the Way We Support the Physical and Mental Health of Police Officers."

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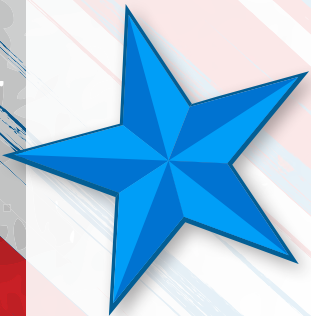
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See How They Runoff

From going Paul-in to spotlighting Lodge 7 members in the runoff to dissecting the success of the FOP's political action, here are the inside stories coming out of Election Day 2023

■ BY MITCHELL KRUGEL

Less than 48 hours after a physically, mentally and emotionally draining seven-month campaign thrust him into the April 4 runoff for 11th Ward alderman, Chicago Police Officer Anthony Ciaravino still revved at more than 100 miles per hour. The energy, the electricity and the passion flowing from Ciaravino made him feel like he was back in his college basketball-playing days at Wisconsin-Green Bay, getting ready to run in the NCAA Tournament.

"We are going to f---ing dominate this f---ing overtime," the Lodge 7 member, who has been on the Department for nearly 30 years, described the runoff. "This is March Madness. You survive and advance. We survived, and we're advancing. Let's go."

Intense excitement, optimism and confidence came in the wake of the Feb. 28 City election primary for Lodge 7 over Ciaravino, fellow officer Peter Chico also making the runoff in the 10th Ward and, of course, Paul Vallas leading the vote-getting in the mayoral race and being well positioned to prevail on April 4. The primary scoreboard showed these three triumphs—and a lot more to extol.

First and foremost, the voters expressed their mandate that something has to be done about crime in the City. A *Chicago Sun-Times* poll tracking turnout indicated that 79 percent of voters came out because of crime. Taxes and education garnered only single-digit responses.

Chico can confirm that crime-fighting superseded any other issue. He grew up in the 10th Ward. He works as a district intelligence officer in the 4th District, which encompasses his ward. Residents know him there, and they know he's a copper.

"A lot of times when I knocked on doors or met with people, that would be the only issue that they would bring up," Chico reported. "I would hear, 'How are you going to make us safer? How are we going to get through this? How am I going to be able to walk down the block to take my child to McDonald's or walk my dog at night?'"

Lodge 7 Political Director Mike Cosentino recognized how the Feb. 28 results also made a statement about the type of leadership voters are looking for to bring people together and get the City working for everyone. And that the tough-on-crime demand led to casting votes for those who offer solutions to the biggest challenges that the City is facing in public safety.

Cos emphasized how one of the other wins on Election Day came for the Lodge 7 political action committee (PAC). Vallas, Ciaravino and Chico rising into the runoff combined with the efforts of members who stepped up to run and several other Lodge 7-endorsed candidates winning election or reelection, confirmed that the FOP and the police are a political force to be reckoned with.

"It was one of the proudest days of this new PAC. To actually have a voice in caucuses, to have a voice in meetings, that's absolutely tremendous," Cosentino explained. "We have the opportunity to pick up two seats, and it could mean a lot for us. This whole campaign process from start to finish, we were able to build some relationships. We have friendly aldermen to take the lead on legislation, and I think that's great."

That all said, let's break down these stories with more insight. The next four pages offer a detailed election review and preview.

Do Run Runoff

The list of Lodge 7-endorsed candidates who will be serving in the City Council includes Anthony Beale (9th Ward), Marty Quinn (13th Ward), Raymond Lopez (15th Ward), Derek Curtis (18th Ward), Silvana Tabares (23rd Ward), Nicholas Sposato (38th Ward), Samantha Nugent (39th Ward), Anthony Napolitano (41st Ward) and Bennett Lawson (44th Ward). Alderman James Gardiner is in the runoff in the 45th Ward.

But this next list endures as equally impressive: Barbara Bunville, Jessica Venegas, Michael Cummings, Jennifer Maddox, Daliah Gore and Howard Ray. These are the police officers and members who ran for City Council in response to the Lodge 7 PAC call to get politically active. They made it personal and made a statement that will provide significant return on investment for the next election cycle. And the one after that. And the one after that.

“What we’re telling people is that you’re not going to push us around,” Cosentino articulated.

The Election Day performance also offers some subliminal messaging about the FOP political strategy. The victorious alderpeople benefited from a much different Lodge 7 than the one venturing

tentatively into City election waters four years ago.

“The difference now and then is that in the past, the winning candidates were pretty much put there by other organizations. It wasn’t the FOP doing anything but giving them an endorsement letter,” Cosentino added. “There was no financial commitment. There wasn’t the technical support. There wasn’t the campaign advice. We’re very involved in these campaigns this year.”

The campaigns Chico and Ci-aravino ran – and the candidates they are – are emblematic of what Lodge 7 wants to do in the political arena. Both members gathered a bunch of volunteers to help them. Both have been active in the community for a long time. And not just as police officers, but coaching youth sports, working with the schools and being active with seniors.

“Both of these guys have such community involvement that they’re not just around a bunch of police officers,” Cosentino complimented. “They’re actually around a bunch of neighbors. They were able to talk about how deep their roots go in the wards and even in the police districts, and that’s the type of success we can have with our members coming out.”





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On The Runoff

Measuring whether Paul Vallas merits the support and votes from Lodge 7 members does not just come through his relentless on-the-record backing of the blue. You have heard it from him. You have read it.

But know this: When Lodge 7 does call Paul, he picks up. His statements reverberating through the news media often come out described as being tough on crime. Setting the record straight, Paul is adamant about public safety and advocating for those charged with keeping the rule of law.

He has not always told Lodge 7 what it wants to hear, but what it needs to do to best serve members.

"I've never, ever met a person who actually has answers like Paul," Cosentino confirms. "Always well-thought-out, articulated answers focused on solutions."

Also know this: Cosentino and Lodge 7 President John Catanzara have asked Paul the questions members want answered. They have heard how Vallas plans to upgrade the Department to address officers' primary concerns about days off, lack of leadership, not being hampered by policies that limit their ability to police, et cetera, et cetera.

"The main thing is that he understands, and he blames this whole crime thing not on the police, which is awesome because it's really not our fault," Cosentino continues. "He blames it on 35th Street, our training, our rules and how confusing they are, and he understands that. He doesn't want us to stop policing as a way to make up for their social justice."

According to Cosentino, Vallas knows where to point the finger. "I think he's going to stop blaming police officers," he adds. "He's

going to start blaming these bosses who make these stupid policies that aren't even proven, and they're being made by bosses who were never the police. I think he also understands that we're the most top-heavy police department in the entire country. That needs to end."

The view from the beat is equally in favor of Vallas. As he campaigned for the primary, Ciaravino heard comments about the mayoral race that solidified his alignment with Vallas and his vision. And he didn't mince any words about it.

"Number one, you would have a mayor on that fifth floor that actually likes the Chicago police," Ciaravino comments. "That's a huge thing. That has a very healthy, robust relationship with the Department."

Cosentino constantly delves deep into the analytics of voting. And his dissection of the primary does not just tell him that Vallas crushed it with more than 33 percent of the vote.

He knows that Vallas performed well in the wards with predominantly African American voters. He surmised why voters are favoring Vallas over Brandon Johnson, who ran second in the primary, with just 21 percent of the votes.

"Obviously, Brandon Johnson wants to defund the police department. He wants to take resources from our budget and put them in the other programs that are not proven that they can work," Cosentino reports. "I think that Paul does want to look into these programs, which we're not against. But you can't take from us and give to somebody else. You have to fully fund them both. And nobody knows numbers like Paul Vallas. If anybody's going to find a way to do it, it's going to be Paul."



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Home Runoff I

Peter Chico comes from a police family. His father was a state trooper, and Chico says seeing his dad go to work in uniform every day inspired him to become a copper. He worked 5 1/2 years with Cook County Sheriff's before coming on the Department.

Chico ran a beat car, then was part of a tac team, before becoming district intelligence officer in 004. He has worked all three watches and his entire career in the 4th District, which serves about 90 percent of the 10th Ward.

No way can you find a candidate more in touch with the ward, one who lives and breathes it the way Chico does. But what makes Chico the obvious choice in the 10th Ward only begins with being a copper.

"When you're working in the district that pretty much has the entire ward, you can speak directly and specifically to the issues in different neighborhoods and communities," he asserts. "When citizens bring up an issue to me, I'm able to immediately rattle off what I saw there, what I see there and the ongoing issues there. And I specifically know about their concerns."

By getting nearly 41 percent of the vote

– 15 percent more than his closest competitor – Chico believes he has established his goal of being not just a cop who represents the ward. He's a neighbor.

He is on the board of the only football program in the ward. He's on the board of the high school in the ward. Before his law enforcement career, he worked for the United Way and at a children's shelter. He has worked with at-risk youth.

"Because I work in the ward and I've lived here, they see me, and I think they feel comfortable with that," Chico says. "I want people to see somebody who is real, not a politician, not somebody that they just see on TV or in a newspaper or literature."

Chico also notes that every campaign stop and conversation continues to require talking about crime. But he has seen how business development is troubling residents.

The 10th Ward borders Northwest Indiana. Big-box stores have been built there, and Chicagoans are drawn to that shopping while more and more storefronts in the ward remain empty. Chico has plans to address that fallout.

"Getting on a level playing field. That's



what I'm going to advocate for," he declares. "It's going to take the cooperation of not only the City and the county, but the state, too, to get this in order."

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Home Runoff II

Tony Ciaravino proclaims that he is a subject-matter expert in two things: public safety and basketball. His backcourt mate at Wisconsin-Green Bay was Tony Bennett, now the basketball coach at the University of Virginia. Bennett led his team to the 2019 national championship. Bennett has had Ciaravino in his locker room to give UVA players a pregame speech.

All his speeches and comments seem to bring that same motivational intensity and encouragement. Now, they are focused on an 11th Ward that absolutely needs his energy over a council member who has not brought it. There is a reason Nicole Lee, who was appointed as the 11th Ward alderperson in March 2022, only earned 53 more votes than Ciaravino in the primary.

"I'll tell you what, they plugged into my sleeves rolled up to my shoulders and my heels dug in," he emphasizes. "Hard work, man. They know someone is going to take control from that fifth floor, and it's going to be given back to who it belongs to – the people. That's what resonates. To give that power back to them, to give them that voice."

Ciaravino works as an instructor at the

academy with the officer wellness team. Off the job, the 11th ward is not just his life-long home. It's his life.

He is president of the Armour Square Park Advisory Council, and his sister is the supervisor of Armour Square Park. He has helped her impact tens of thousands of children. His family has lived in the ward for more than 100 years.

"Our fingerprints are in every square inch of this ward," he notes. "And when you put those prints under the microscope, all you see is positivity."

Ciaravino's stumping features community-oriented service. He has plans to have co-alderman creating and serving neighborhood watch programs and block clubs.

He also wants to have a senior citizens' ambassador in all of the ward's 23 precincts. He wants to turn the old 9th District police station on 35th Street into a place where kids can go for after-school programs and have resources, so no child is left behind. That could also be a haven for seniors to come for help with renewing their driver's licenses or ID cards, or any other online tasks they need to get done.

Such interaction leads to what the 2023



election seems to be all about.

"Man, give the people that I serve a voice," Ciaravino relates. "And if there's something that is not going to benefit the people that I serve, then I'm going to publicly, openly, strongly, staunchly, adamantly oppose it by pounding my fist on that freaking table or that podium and saying, 'Absolutely not on my watch. This is not good for the people that I serve.'"

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Long-Term Health

Lodge 7 providing screening program to give members a healthier outlook

■ BY MITCHELL KRUGEL

The conversations keep coming up in beat cars, district roll call rooms and, of course, the post-tour gatherings for a, well, you know. Sometimes, it comes out as venting that includes watchwords like “If this keeps up, how the F is my body going to hold up for another 10 to 15 years?” Or “What is my life going to be like after 25 freakin’ years of this?”

As the demands of the job and the extracurricular oversight continue to mount, many Chicago Police Officers might not be having a healthy outlook on getting through their careers. The risk factors they have to endure leave them more and more exposed to stroke, diabetes, heart disease, chronic pulmonary disease and cancer.

And the vision of achieving the No. 1 goal of staying healthy enough to make it to retirement and having a healthy retirement is becoming more and more confounded.

Chicago Lodge 7 feels your pain. The union’s efforts to upgrade healthcare resources to an unprecedented level is in the works and will likely accelerate now that the current administration has been reelected.

A jumpstart to help refocus on that goal of being healthy and staying healthy into retirement is coming with independent health screenings members can get in March, April and May. These one-hour sessions, available in members-only facilities as well as venues by appointment, will screen for six chronic conditions.

“A lot of us don’t make it to the end, or if we do, we’re all beat up from either fighting or having other issues, and now we’re retiring unhealthy and we’re sick for the rest of our retirement,” states Monica Ortiz, the Lodge field representative who is spearheading this groundbreaking initiative. “What I want members to look at is the long term. By taking care of this and they will have potentially a positive health future.”

Lodge 7 is partnering with Life Line Screening, which conducts screening of asymptomatic people to identify diseases they don’t even know they have. Life Line’s vast experience and expertise, which includes a presence in 49 states, will help make members aware of unrecognized and potential health problems and strengthen their understanding of total health.

“With the challenges and risk factors they face, Chicago Police Officers may face situations where they’re almost forced into doing the screening because somebody has an issue,” Life Line Senior Account Executive Colleen Pausley submits. “But if we can get in there before there’s an issue, you’re saving lives right away.”

As the Lodge 7 field rep working on more healthcare services and options for members, Ortiz notes how she hears them relating what is happening due to the amount of overtime they are working. And the stress from working too many hours and not getting enough sleep. And the constant negative coverage by the news media.

CONTINUED ON PAGE 38

BRAVE Police & Public Safety Wellness Center

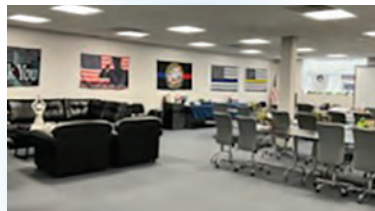
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Dr. Robin Kroll, owner and Clinical Director of BRAVE Police & Public Safety Wellness Center, is a Board-Certified Police and Public Safety Psychologist.

It's probably not a shock that they are talking to Ortiz about how they are having chest pains or have had strokes. Think about the risk factors for Chicago Police Officers: Working crazy shifts, which inhibits sleeping right and eating properly, which leads to high cholesterol, diabetes and obesity. And if you're a smoker, well, plan to get a screening as soon as they begin.

"There's a lot of risk factors within this population that make them part of the demographic that we screen," Pausley adds. "And we would recommend these screenings for anyone 50 and over or 40 and over with risk factors."

Since 1993, Life Line Screening has been delivering accurate results and recommendations that could give you a healthier advantage in your everyday life. This includes early detection of serious conditions and prevention of disease progression.

Lodge 7 members will receive Life Line's "6 For Life Health Screening Assessment." This involves a finger-stick blood test, along with blood pressure screening and other measures to predict your risk of developing six conditions: heart disease, stroke, congestive heart failure, diabetes, chronic obstructive pulmonary disease (COPD) and lung cancer.

The screening also checks weight, body mass index, cholesterol and glucose. The information is run through a program to predict your potential risk and identify steps you can take to reduce risk. Prevention is the motivation to do the screening.

"A lot of times people don't even know they have a blockage," Pausley details. "Eighty percent of strokes can actually be prevented by knowing if you have a blockage."

Initially, the screening will be available to Tier 1 officers, primarily those who have been on for 12 or more years. They will

be getting a letter in the mail with a voucher to partake of one of the community screening locations in March.

One of the locations is scheduled to be the Chamberlain University College of Nursing on the North Side. The other will be on the South Side. Officers from all three watches will be able to go to either location. These are private events for members only.

If members can't make it in March, they can make an appointment at a screening location designated during the last three weeks of April and May by calling the number on the voucher. The screening is not invasive, meaning members don't have to remove any clothing.

The City is subsidizing the screening by giving funding to Lodge 7, so there is support for using the results to determine what can be done to improve officers' health. It might be as simple as needing to lose a little weight, cutting some sugar from the diet or maybe just taking some time off for a mental break.

Preventive medicine is the best investment, with the greatest opportunity for return on investment. If the screenings help reduce the time officers are out of work or prevent a stroke, which can cost up to \$750,000 in treatment and recovery, that can go a long way toward helping Lodge 7 create a healthcare program that would be of little or no cost to members and be paid for by the City.

After the test, members will receive an easy-to-read three-to-four-page report to share with their physicians. If something is found, Life Line will tell you right on the spot.

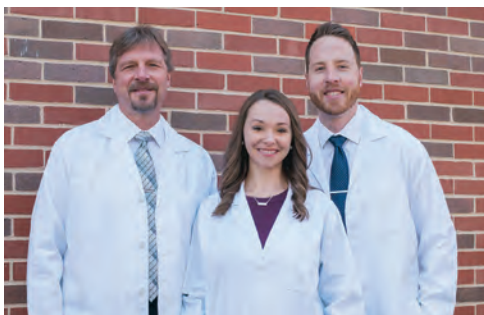
"This came to me at a very good time to be able to do something so that officers can get some early detection at a time when they really need it," Ortiz confirms. "And that way they can get the care they really need."



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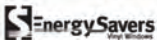


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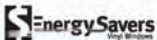
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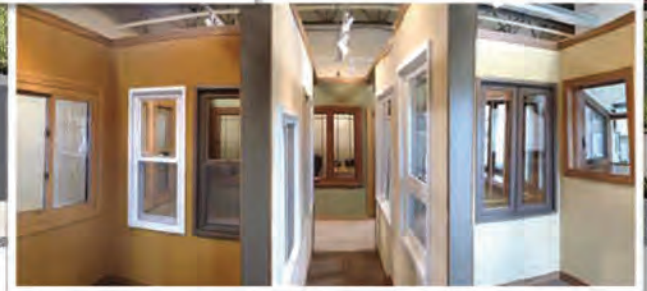
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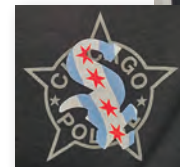
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Members Only Section

Celebrating Lodge 7 members and the way they serve every day

Notes of Gratitude

CPD officers receive personalized thank-you letters from a woman who has made it her mission to remind them how valued they are

BY ESTHER GONZALES

Thank you, officer, for your service in the Chicago Police Department. It takes a special person to take a job that every time you put on the uniform, it means you're putting your life at risk. And you do it over and over again.

At the end of February, New York native Coretta James visited various districts, including the 3rd, 4th, 6th and 17th, to deliver handwritten personalized notes that included sentiments like this. One by one, officers received the notes with their names written on the envelopes.

"We get stopped from time to time, and you get people who say thank you and appreciate what you do," 6th District CAPS Officer Michelle Gaona reflected. "But it's something totally different when somebody puts pen to paper and personalizes it for you. When she handed me a handwritten card with my name on it, it really meant a lot to me."

Gaona revealed she had been having a tough day. She had been answering calls all day and was trying to secure housing for several refugees who had been at the station for three days.

Then James arrived.

After speaking with her and a fellow officer for several moments about how hard her day was, James wrote something down in a card and handed it to her.

After reading it, Gaona immediately texted her son.

"I got a nice card," the text read.

Gaona posted the card to the bulletin board by her desk, where she could see it when she most needs a reminder that she is valuable.

"Sometimes we don't know we need that encouragement," Gaona related. "But when we get it, we're very appreciative."

I see you as a person. You are somebody's daughter, son, sister, brother, friend and neighbor. At the end of the day, I want



4th District officers receive thank-you notes from Coretta James.



Coretta James delivers letters to officers in the 3rd District.



6th District CAPS Officer Michelle Gaona, left, said she received a thank-you letter from Coretta James when she was having a hard day on the job.



CPD 17th District officers with Coretta James.

you to go home safe to your family.

James, who is a full-time nanny, takes a two-week vacation once a year to personally deliver these letters to officers across the country. She began her journey with delivering thousands of letters to the NYPD, then traveled to Chicago.

James first had the idea after she volunteered with the FDNY to send thank-you cards to service members overseas.

Then she turned toward expressing her gratitude for law enforcement officers.

James entered the 17th District CAPS office and began telling her story to a dozen officers. Among them was James Becker, who said he was deeply moved by receiving the note that was inscribed with this reminder at the end:

You are somebody and somebody's grateful.

24th District officer connects with students on the court

From Michael to Scottie to Derrick Rose, Chicago has been home to some of the world's best hoopers and hoop dreams. Basketball runs deep in the city's blood.

That's why when 24th District Officer Milton Lasticly wanted to find a way to connect with children in the community, he turned to the courts — the basketball courts.

On Feb. 4, Lasticly organized a basketball game between Chicago Police Officers and students at the Chicago Math and Science Academy. The visiting team, made up of members from 024, wanted to be there for the students who had home court advantage.

At 52-years old, Lasticly may not have had the skills to pull off a triple double like he did 30 years ago. But that doesn't mean he wasn't ready to bring it.

As a youth liaison for the 24th District, he's responsible for working with kids in the Rogers Park area. The students at CMSA have held a special place in his



heart for many years.

From baseball to dodgeball, there's no sport he won't play with these children. But this time it was the students who challenged these officers to a basketball game.

That challenge was posed before the pandemic, and the students came out with a win. So naturally, Lasticly and the other officers were out for revenge.

It was a slow start, but eventually the



students from CMSA secured their second victory, leaving the officers in the dust.

But unlike games played at the United Center, no one really went home losers. The CMSA students walked away with a victory on the scoreboard. But more importantly, Lasticly and the other officers walked off the court with stronger relationships.

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Stars on ice for CPD

The Chicago Police Hockey Stars hit the United Center ice on Feb. 19 to take on their firefighter rivals in a thriller that set the tone for a fun night of hockey at the Madhouse on Madison.

While CFD took home the series trophy in a shootout win, both teams and their supporters had reason to celebrate. The Blackhawks recognized First Responders Night as part of its contest against the Toronto Maple Leafs.

Players from both teams read the Hawks' lineup in a video shared on social media by the Blackhawks, who went on to a 5-3 win punctuated by a Patrick Kane hat trick.



A meaningful meal in the 2nd District

The 4th annual Brunch and Conversation with CPD hosted by the Monster Education Foundation, in partnership with the 2nd District, served up a healthy helping of gratitude as local youth and officers ate and engaged in mid-February. The event aimed to foster relationships between young people and police to make a positive impact in the community, while giving the kids a chance to show their appreciation to officers.

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Tactical officers' actions honored by CPMF

BY DAN CAMPANA

The April 2022 call of a person shot in a domestic incident led to a tense scene in which an armed offender opened fire on 8th District tactical officers. In the end, the actions of Officers Ivan Lopez, Martin Kirkel, Joseph Shanahan and Orlando Sanchez helped save two gunshot victims, earning the quartet — as well as Sergeant Daniel Hodges — Chicago Police Memorial Foundation Officer of the Month awards for February.

Officers who responded to an apartment in the 4200 block of West Ford City Drive reported hearing a woman calling for help because she had been shot. She also yelled that the shooter was still in the apartment.

Lopez, Shanahan and Kirkel didn't hesitate to enter the residence and take cover before calling for the offender to surrender. Inside the apartment was the woman's father, who was wounded and motionless on the kitchen floor. As officers attempted to aid the father, the male offender appeared out of a back room, firing two shots at the officers.

Officials said the three officers managed to drag the woman by her hand out of the apartment into a hallway, where Hodges pulled her to safety and the care of awaiting paramedics. Hodges established a perimeter before Lopez set up outside the apartment door. From there, he spoke with the man in an attempt to get him to surrender.

CPMF Operations Director Joe Salemme credited Lopez with showing restraint by not re-entering the apartment, which could have put the officers in further danger. Instead, Lopez spoke in calm tones with the man for 40 minutes in an attempt to de-escalate the situation. Sanchez, a SWAT officer, relieved



Lopez and continued to talk with the man for another hour.

Sanchez convinced the man to step into the apartment's front room, where officers could see him. The man did but raised his gun again and pointed at Sanchez, who shot the offender. The remaining officers entered the apartment to immediately render aid to the shooting victim and the offender, who later died. Salemme said the woman and her father survived their serious wounds.

"Each of our awardees demonstrated, in great degree, acts of selflessness, personal courage and devotion to duty. Their teamwork, bravery and sound tactics led to the rescue of two innocent victims from an extremely deadly situation, and an armed offender was stopped before being able to cause further harm," Salemme said at the February ceremony.

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Award-winning officers credited with capturing assault suspect

■ BY DAN CAMPANA

Being aware of a woman in distress and taking quick action to locate her attacker led a pair of officers to the Chicago Police Memorial Foundation's February Officer of the Month awards.

Officer Artur Tomkow and Nicholas Cipicchio, as well as Sergeants Mark Lemus and Fred Marcelino, were honored for their work on a November 2022 sexual assault case. The four observed the woman near Granville and Washtenaw and soon learned she had been the victim of a "brutal and prolonged" sexual assault, CPMF Director of Operations Joe Salemme said during the February awards ceremony.

The woman told officers that her attacker held a knife to her throat during the violent encounter, during which she was choked unconscious after he threatened to "cut her into little pieces," Salemme described. She later escaped after regaining consciousness.

Her directions prompted officers to



the crime scene at an apartment in the 6200 block of North Washtenaw, where the offender was arrested and incriminating evidence was located. The man is being held in Cook County Jail on at-

tempted murder and aggravated criminal sexual assault charges.

"Thanks to our awardees' efforts, a truly dangerous subject has been taken off the streets," Salemme said.



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Cops and the Community

Relationships are a two-way street, and there was plenty of love being shared between Chicago Police Officers and their supporters during February. Whether visiting a school or helping someone in need, officer went beyond the call for their communities. Meanwhile, school kids and many others chipped in to help officers know that they are valued and their safety is important.



17th District

Fifth graders at Queen of All Saints School brought smiles to 17th District officers with a bunch of thank-you cards that showed how much they appreciate the police. The cards were displayed in the roll call room for every officer to see.



Chicago Police Memorial Foundation

Thanks to the Chicago Police Memorial Foundation, the month started on a good note for many officers who were able to pick up their new ballistic vests at Chicago Police headquarters as part of the Get Behind the Vest program.



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A positive domino effect in the 22nd District

When Mount Greenwood Elementary School students reached the milestone of collecting 1,100 boxes of cereal, 22nd District officers were on hand for the big finale of the Domino Effect of Kindness event.

After all was said and done, students helped load up the cereal boxes for officers to distribute across schools in the Morgan Park district.



10th District

After a disabled senior in the 10th District had her Hyundai stolen, officers jumped into action to find the car and return it to her. The CAPS office even helped protect it by giving her a steering wheel lock device and installing it for her.



16th District

It was a great day at St. Robert-Bellarmino School when the 16th District's Officer Friendly stopped by for a Cub Scout meeting, where she talked with Wolves and Tigers about staying safe.



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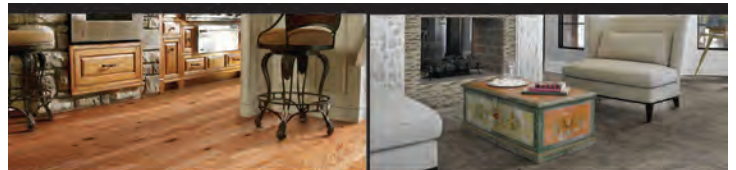
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LANDON WADE

In today's world, police work is more challenging than ever. Officers are faced with difficult and dangerous situations every day, and they must be equipped with the skills and knowledge to handle them effectively. That's where the Horizon Leadership Justice Institute comes in.

At Horizon Leadership, we understand the unique challenges that police officers face, especially in these difficult times. That's why we have created a highly effective formula and action plan to help officers succeed in their careers. Our program is designed to provide the tools and resources that officers need to excel in their jobs, while also maintaining their physical and emotional wellbeing.

Our experienced consultants are here to assist you on your journey to success. We have worked with police departments across the country, and we have a proven track record of helping officers achieve their goals. Our consultants are experts in their

fields, and they bring a wealth of knowledge and experience to every training session.

Our program is built around three key components: leadership, communication and resilience. These are the essential skills that police officers need to be successful in their jobs, and we provide comprehensive training in each of these areas.

First, our leadership training helps officers develop the skills they need to lead their teams effectively. We teach officers how to create a positive work environment, motivate their team members and set clear goals and expectations. With our leadership training, officers will be able to inspire their colleagues and work together to achieve common goals.

Second, our communication training helps officers become better communicators. We teach officers how to communicate effectively with their colleagues, with the public and with people from diverse backgrounds. This training helps officers build trust with the community they serve, and it also helps them de-escalate potentially dangerous situations.



WE PROVIDE UNIQUE CAREER SOLUTIONS

Police Officer To Private Sector

Police professionals possess an inherent skill set that allows them to effectively identify and appropriately respond to critical situations. These are the core principles that we analyze when presenting you with potential options for your next career.

If you have spent a decade or more in the amazing industry of policing and are looking to assume a role in a new field, our team can assist. Perhaps you are seeking a corporate or hybrid environment that will accommodate your lifestyle while fulfilling your need to reclaim precious time for life's true precious moments. Our team of experts have developed a system that allows us to tailor an individualized career path template for our clients.

In our "Police Officer to Private Sector" career coaching program, we will:

- Take inventory of your professional experience
- Work directly with you while designing a biographical career package
- Produce a professional resume, cover letter template
- Provide the tools necessary to navigate corporate interviews with ease and efficiency

Our services extend beyond assisting you with finding your next career.

Our experts will work closely with you on tailoring industry-specific executive solutions.

OUR SERVICES

- Career Coaching
- Interview Preparedness Workshop
- Promotional Path Coaching
- Police Officer to Private Sector Coaching
- Recruiting for Career after Policing
- Business Building Master Course

WHO WE ARE?

Our CEO, Dr. Landon Jay Wade (Lt.Ret) has dedicated three decades to the industry of justice. He has trained police officers and performed investigative missions in 9 countries. As a company, Horizon Leadership Justice Institute has built a capable team of experts who have enjoyed both professional and academic success. We are committed to developing specialized career path strategies that will inspire career success in the customers we serve.



CONTACT US:

312-869-2153



ljw@horizonleadershipcoaching.com



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Finally, our resilience training helps officers manage the stress and trauma that come with police work. We teach officers how to build their emotional resilience so they can bounce back from difficult situations and maintain their mental and emotional wellbeing. This training helps officers stay healthy and focused on their jobs, even in challenging circumstances.

But our program isn't just about training. We also provide ongoing support to officers as they progress in their careers. We offer mentoring and coaching services to help officers set goals and achieve them, and we provide resources to help officers stay current with the latest developments in their field. We are committed to helping our graduates succeed, and we will be there for them every step of the way.

At Horizon Leadership, we believe that police officers are heroes, and we are dedicated to helping them succeed. Our program has been developed by experts in the field, and it is designed to provide officers with the tools and resources they need to be successful in their careers. We understand that these are especially difficult times, and we are here to help. Let us assist you on your journey to success.

If you are a police officer looking to take your career to the next level, we invite you to consider Horizon Leadership Justice Institute. Our program is the perfect choice for officers who want to become true leaders in their field. With our comprehensive training, ongoing support and commitment to excellence, we are confident that we can help you achieve your dreams. Join us today and start your journey to success.

Lieutenant Landon Wade is a highly respected law enforcement professional with more than 25 years of experience in the fields of undercover, covert and intelligence-based policing. He has served



in various roles for CPD, including 14 years in the Organized Crime Division, and is currently the primary undercover trainer for the Drug Enforcement Agency's two-week undercover school. Lieutenant Wade's expertise extends beyond his field work, as he has developed and implemented law enforcement strategies and methodologies in several units, including research and development, the Intelligence Section, the Office of Legal Affairs, the Freedom of Information section (assigned as commanding officer), and the Counterterrorism Section. He holds a doctorate from DePaul University's Department of Education, a master's from the University of Chicago's Graham School, and a bachelor's from Lewis University's Department of Criminal Justice.



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The Vantage Advantage

Legal Information and Education from the Vantage Group

When it comes to protecting your family, your home and your future, no one should have to do it alone. Vantage Group believes that

everyone deserves quality legal representation without breaking the bank. That's why Vantage Group is proud to provide our services to members of the Fraternal Order of Police Chicago Lodge 7.

Vantage Group Legal Services is a unique legal service provider that offers full legal representation for the most common legal situations in the U.S. today: family law issues such as divorce, custody, alimony or child support, or real estate complications like foreclosure, loan modification or probate. These are only a few of the situations that can be easily handled by the attorneys and legal professionals within the Vantage Group Legal network.

Vantage Group will never charge our members a retainer fee or hourly rate, unlike traditional law offices. As a group legal service provider, Vantage offers a monthly, subscription-based legal service that gives members a more affordable way of retaining counsel without sacrificing service.

Members are never locked into long-term contracts, and they can cancel at any time if they are not satisfied with their service. If for any reason one of our members has a complaint, we will do everything in our power to make it right.

Attorneys who are part of Vantage Group's network must comply with strict standards of professionalism, ethics and competence. Vantage Group takes pride in the quality of our network and reg-

ularly vets and investigates the law firms we work with to make sure that our members continue to receive only the highest standard of professional service.

But what is a group legal plan? Historically, these plans have been offered through unions, employers and other organizations to their members as a benefit and are still a popular option for millions of individuals and families across the country who are looking for affordable legal representation.

Vantage Group takes an innovative approach to this tried-and-true model by using modern technology to significantly improve efficiency in order to make the experience of the subscriber as smooth as possible. Through the support of Vantage staff and our systems, our network law firms manage and maintain their client data and interactions in a completely centralized and organized manner. That means that client information is up to date and readily available to attorneys and staff, so our members can quickly know when things change in their case.

Beyond that, our friendly staff is available to easily take care of member requests such as scheduling appointments and sending reminders to make sure that attorneys are on top of their game. With Vantage Group's support, attorneys save valuable time and reduce the risk of errors, providing a top-notch experience to our members. Every day, by streamlining workflow and administrative tasks and providing insightful data analytics, Vantage makes the legal process work more efficiently, effectively and easily for our members.

As part of our unwavering commitment to supporting law enforcement and the brave men and women who make our communities safe, Vantage Group Legal Services is offering an additional discount to our already affordable rates to members of Chicago Lodge 7.

We know that legal issues can be emotionally and financially draining. It is our goal to provide a pathway to success for our members. Let Vantage Group help you navigate life's challenges in the legal arena, and rest assured that you and your family are in the right hands.

Getting back to optimal health after an injury



BOB GRIFFIN
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As a first responder, you have a high risk of experiencing a work-related injury. No matter what your injury is, our skilled and knowledgeable physical therapists at IMPACT Physical Therapy are here to help. We will design an individualized treatment

plan to get you back to optimal health so you can return safely to your job.

We understand that officers, EMTs and other emergency responders have different physical tasks required to perform their job. When being treated at one of our clinics, from your first treatment session, you and your physical therapist will discuss your job requirements to understand exactly what you need to physically perform your tasks.

We will then create your physical therapy program to include manual techniques such as soft tissue mobilization, dry needling or augmented soft tissue manipulation (ASTYM) to help improve tissue function and decrease pain. We will prescribe exercises aimed to improve flexibility and mobility, as well as gain strength. We will also simulate job-specific scenarios to give you the confidence to return to your area of work.

Additionally, we understand that your job involves a cardiovascular component. When you are out of work due to an injury or surgery, your cardiovascular endurance is significantly impacted. Your treatment plan will include a cardiovascular element to ensure that your endurance is not compromised and you can easily shift back into your role.

When you are out of work for a pro-

longed period, you may need to transition from physical therapy to a work conditioning program. In this program, you will spend a few weeks with a physical therapist focusing on maximizing your strength, improving your confidence and simulating job tasks to ensure a safe return to work for you and your coworkers.

IMPACT Physical Therapy takes pride in treating Chicagoland police officers and their families. We are here for all your on-the-job injuries or general aches and pains. To schedule an appointment or to find more information, please visit www.impactphysicaltherapy.com or call us at 833-299-4672.

Bob Griffin is an industrial rehabilitation specialist for IMPACT Physical Therapy & Chicago Recovery Room – Orland Park. Email Bob at bgriffin@impactphysicaltherapy.com.



Key tax moves for 2023



LISA SANDERS

Wider tax brackets, a higher standard deduction and expanded saving opportunities may help create new tax-saving possibilities for 2023. Don't wait until the end of the year. There are tax-planning strategies to consider throughout the year, like maximizing credits and deductions and using tax-smart investing strategies.

A tax advisor and financial professional can help you build a tax-smart investing plan that works for you all year long. Here are some suggestions:

Seize available deductions

The IRS has widened tax brackets — meaning potentially lower income taxes for many — and increased the standard deduction and many savings incentives. Inflation adjustments to tax brackets mean that people may have more taxable income before being bumped into a higher tax bracket. Additionally, the standard deduction will rise to \$27,700 for married couples, an increase of \$1,800. For single filers, it increases by \$900 to \$13,850.

Consider your possible itemized deductions this year. The major ones include state and local taxes, medical and dental expenses, home mortgage interest, charitable donations, and deductions for casualty and theft losses from a federally declared

disaster. If you think these may exceed the standard deduction, you may want to consider bunching enough deductions into 2023 to capture a larger write-off by itemizing deductions.

Itemizers can also donate appreciated assets held longer than one year to a qualified public charity and deduct the fair market value of the asset without paying capital gains tax. The donation is generally subject to a 30 percent adjusted gross income limitation. Any excess deductible amount can be carried over for up to five years.

Make the most of higher saving incentives

If you haven't contributed to an IRA, health savings account (HSA) or 529 college saving account for 2022, you have until April 18, 2023 to do so. But if you know how much you'd like to contribute for the year, also consider making 2023 contributions earlier in the year, giving you more time to grow your money tax-deferred.

- **IRAs:** You can contribute \$6,500 to an IRA for tax year 2023, up from \$6,000 for tax year 2022. And if you're over 50, you can contribute an additional \$1,000 per individual.
- **HSAs:** If you are eligible to contribute to an HSA, contribution limits are \$3,850 for self-only coverage and \$7,750 for family coverage for 2023, with \$1,000 more in catch-up contributions for those 55 and over. That's up from \$3,650 for self-only coverage and \$7,300 for family



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coverage in 2022, with no changes to the catch-up contribution for individuals age 55 and older.

- **529s:** If you have children or grandchildren, or are thinking about furthering your own education, consider contributing to a 529 college savings account, where any growth accrues potentially tax-free. While aggregate contribution limits to 529s are governed by state tax laws and are usually quite high, individuals may contribute up to \$17,000 (\$34,000 per married couple filing jointly) to any number of recipients in 2023, likely without it being considered a taxable gift. That's up from \$16,000, and \$32,000 per married couple filing jointly, in 2022.

Put your savings to work

In any market, there are opportunities to grow your money. This year, the stock market may be more challenging. But rising interest rates have provided opportunities in individual bonds and certificates of deposit (CDs). Where you hold those assets can also help you keep more of your earnings after tax. In line with your portfolio-level asset allocation, holding investment products that generate interest income taxable at income tax rates, like bonds and CDs, in tax-deferred accounts like IRAs can help minimize taxes. On the other hand, stocks, where long-term gains are taxed at lower capital gains rates, may be better held in taxable accounts.

Consider a Roth conversion

A Roth conversion involves transferring money in a traditional IRA to a Roth IRA, then paying taxes on the converted amount. After that, the money grows and can be withdrawn tax-free, and it's not subject to a required minimum distribution for the life of the original owner, generally once you have met the five-year aging period. (A spouse who is the sole beneficiary of a deceased

spouse's Roth IRA also does not have to take an RMD from the account, if they roll it over into their own Roth IRA.) Now may be the time to consider a Roth conversion — with many investments down this year, you can convert more shares for the same total amount and same potential tax bill. Also, tax rates are set to increase in 2026, so you could end up paying higher rates if you wait until 2026 to convert your traditional IRA.

Do a checkup

Doing a financial checkup periodically throughout the year can help you to pay the right amount of taxes as you go. The IRS has handy tools to help taxpayers check their federal income tax withholding. Consult your state tax authorities to check your state tax withholding.

You can also potentially reduce your tax burden if you take the time for some thorough bookkeeping to make sure you're claiming all the deductions and credits that you can.

One potential area for adjustment, given that remote work may be here to stay for many employees, is to take a close look at your residence.

Revisit your estate plan

Time is running out on the 2017 Tax Cuts and Jobs Act (TCJA), with estate planning provisions, scheduled to sunset at the end of 2025. That means the estate and gift tax exclusion, which was doubled, could revert to its pre-2017 level. You might consider accelerating gifting or donating appreciated assets. You can gift up to \$17,000 per donor to as many individuals as you like. If you're married, each person in the couple can gift this amount without the gift being considered taxable.

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