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THE GEORGIA TROOPER

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Winter 2011



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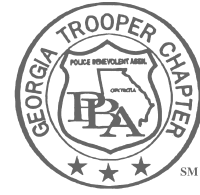
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Membership in the Georgia Trooper Chapter of the Police Benevolent Association of Georgia is open to all Georgia State Patrol members upon payment of an initiation fee.

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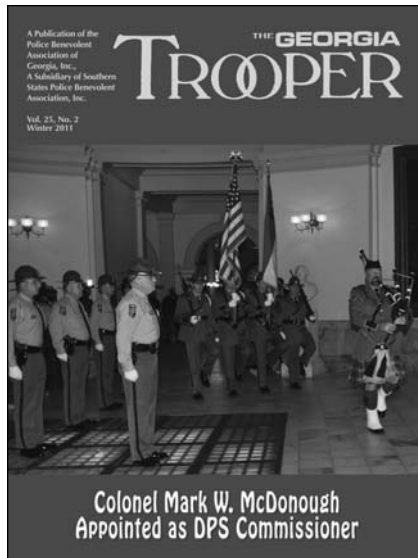
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ON THE COVER



*Then Major Mark McDonough as
Officer in Charge of the
2011 Inauguration Pass-in-Review.
(GSP Public Information Office Photo)*

Van Keller
Editor
The Georgia Trooper

The Georgia Trooper is the official publication of the Georgia Trooper Chapter of the Police Benevolent Association of Georgia, Inc., a non-profit organization made up of state troopers dedicated to the improvement of the law enforcement profession in the state of Georgia, and is not an official publication of any governmental agency or department.

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Letter from the Editor

Working on this issue of *The Georgia Trooper* has been pleasant for me unlike the last issue. That one included articles about the three troopers who have been murdered in the history of the GSP including Chad LeCroy who had been killed just a few weeks before I started working on it. The untimely death of LTC Fred Snellings was also covered and it was very sad and somber to have to research and write about all of their deaths.

In contrast this time I made an enjoyable trip to Headquarters to interview Col. Mark McDonough and see some old friends. I had the pleasure of being taken to lunch by Col. McDonough and LTC Russell Powell. I managed to get some work done on the magazine and to have a very good time as well. I saw my old buddy Allison Hodge, from the PIO, who is working hard on the upcoming 75th anniversary album. It is amazing to see how much effort is required to complete a project like that by the deadline.

I had wished that instead of doing another album the department would produce a book on the history of the GSP. It could include chapters on: troopers killed in the line of duty, the different posts, vehicles, weapons, uniforms,

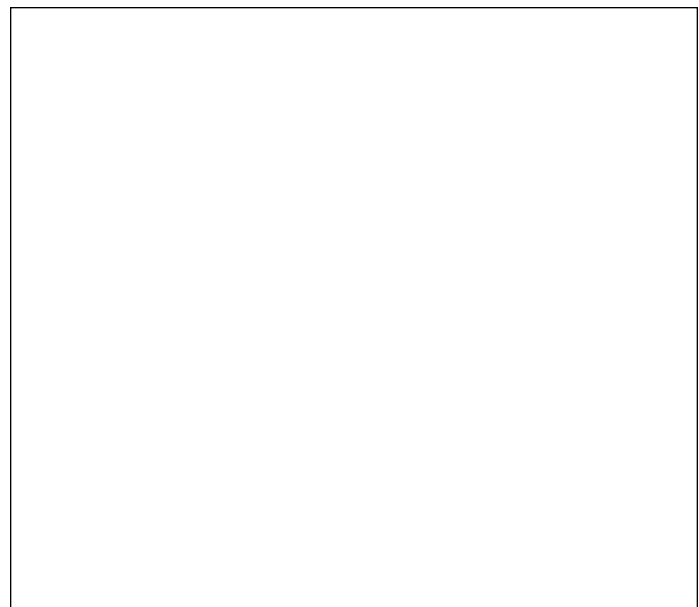


Van Keller

communications, special events, disasters, special units, training to be a trooper, and anything else related to the GSP. It could include photographs from the past and present. I realize that it would require a tremendous amount of work for someone. That is why I am not volunteering to write it. But I would be willing to help if someone else decided to tackle the job.

As usual I have several people I need to thank for their invaluable assistance: Col. Mark McDonough for making time in his very busy schedule to see me, Lt. Andy Carrier for writing the article on the FBI Academy, and Gordy Wright and Allison Hodge for providing photographs and information. It would be extremely difficult, if not impossible, to produce this magazine without help especially from the GSP PIO. I am truly appreciative of everyone who has helped me during my years as editor.

To submit an article, make a suggestion, present an idea for an article, make comments or to offer constructive criticism please contact me at 706-673-5690 or vankel@charter.net or Van Keller, 3220 Old Crider Rd., Rocky Face, GA 30740. □



Funny Story

A very young trooper was on patrol on I-20 just outside of Atlanta many years ago. The roadway was covered in snow and ice and traffic had come to a standstill. He slowly worked his way through the maze of motionless vehicles by using the median and the emergency lane as well as the traffic lanes.

He finally got to the root of the problem, a multi-car pileup that completely blocked the entire Interstate. He exited his patrol car, put on his hat, and took one step. At that time his feet flew out from under him on the slippery surface. To try and prevent being knocked out he tucked his chin to his chest and spread his arms and legs. He hit hard and was stunned for a few seconds.

When he stood up he noticed everyone in every vehicle was staring at him like they were in shock, so he removed his hat and took a bow then he clapped his hands and smiled. Everyone either clapped, cheered, or blew their horns. Then treading carefully he went about the business of clearing the wreck scene to get the traffic moving.

The next he noticed on the front page of the Atlanta Journal-Constitution in the street scenes column a short story describing the entire incident. He never dreamed he would make the front page like that.



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Who Needs the PBA?

If you are a Georgia State Trooper or any law enforcement officer the answer is simple. You do.

If the only benefit provided by the PBA was legal representation the cost of membership would be a good deal but when you add in the other benefits offered it is a no-brainer. You cannot afford to be without this protection. In today's suit crazy world it is cheap insurance. To get an idea of how expensive a legal defense can be contact a good trial lawyer, the type you would want to defend you, and see what his retainer and hourly rates are. Next ask him to estimate the cost of defending you in both criminal and civil court after a deadly force encounter. I guarantee you will be shocked.

There are three stages to a gunfight: before, during, and after. Membership in the PBA is a vital part of preparing for the after stage. I remember talking to a trooper who had just been involved in a shooting incident and when I asked him if he was a PBA member he said "no but I wish I was". Because of my Involvement with the PBA, through the years I have been asked many times by troopers who needed help to see if they could join at that time and immediately receive the legal representation they needed. Unfortunately that is not possible. If you buy car insurance after a wreck, it will cover the next wreck but this time you are on your own. Just like putting on your vest after you have been shot, it is too late.

The first time I needed the PBA it was not in existence in Georgia. At that time troopers carried six shot revolvers, we did not have body armor or back-up guns

and when we exited the patrol car we were out of radio contact. By today's standards we were not very well prepared for a gunfight. Now troopers wear body armor, carry two high-capacity semi-automatic handguns, and a portable radio. PBA membership is available and it is foolish not to prepare just as well for after the gunfight. It would be tragic to win the gunfight only to lose in court afterwards.

Imagine if you were in a gunfight and someone could send the biggest, meanest, best equipped, best trained, and most experienced gunfighter in the state as backup, wouldn't you do anything you could to obtain this service? The PBA cannot provide gunfighters but they can provide lawyers. So even though you may be by yourself during a lethal force encounter you will not be alone afterwards. You will have the PBA by your side. Although the Attorney General's office may provide a lawyer to defend you, he or she is also defending the interest of the state. The PBA lawyer is your lawyer and is only interested in what is best for you.

The legal representation is not limited to deadly force encounters. It is available for certain disciplinary actions and grievance procedures. The PBA provides lobbyists to express their members concerns on any legislation that is important to them. They also provide a salary replacement benefit for the families of officers killed in the line of duty. For more information call 1-800-233-3506.

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Best War Story

In the late 1970's a young trooper assigned to Post 9 lived with his soon to be brother-in-law. He had an interest in law enforcement and constantly hounded the trooper to let him ride on patrol some time. The trooper explained there was an order against it and knowing better he finally gave in. They went out on a midnight shift and the trooper figured nothing would happen and at least it would get the guy off of his back. He could not have been more wrong.

They had three high speed chases with DUI drivers with two ending in knock down drag out fights. When they finally got a break they met up with a DeKalb PD Officer at a fast-food restaurant near I-85 and I-285. As they were eating a lookout came over the officer's radio in reference to an armed robbery that just occurred about 20 miles north of their location and the suspect was last seen traveling south on I-85.

Even after the trooper and the officer both explained to the civilian that the odds were astronomical against the robber staying on the interstate, again the trooper gave in and they left to set up and watch for the vehicle. The officer said he would join them after he finished eating. The description of the suspect and his vehicle was excellent including the tag number and damage to the rear of the vehicle.

Even though he was shocked when he spotted it, the trooper had no doubt it was the right car. He told his passenger to stay in the patrol car and then he performed a felony stop on the vehicle. After the third time he ordered the driver to put his hands where he could see them but the suspect ignored him and continued doing something in the front seat out of his view, the trooper made the decision to shoot. As he was easing back on the trigger, because of "Tunnel vision," he did

not notice the DeKalb Officer approach the car on the passenger side.

When the officer shouted "Put your hands up," knowing that he was outgunned, the driver immediately obeyed. The trooper was searching the suspect at the rear of the car, amazingly in the old days you searched first then handcuffed, when the officer yelled "I found the gun." Instantly the man stood straight up knocking the trooper backwards. After quickly evaluating the suspect physically and noting that he was much taller and bigger and more muscular, the trooper hit him as hard as he could on the top of the head with his big metal flashlight (Four D cell Kel-Lite).

The result was not exactly what he expected. Instead of being knocked out the man said "Ow, that hurt" and put his hand on his head, then the trooper hit him above the ear and the man crumpled to the ground and did not move.

The trooper returned to the crime scene with the suspect and the officer took his unauthorized passenger home. The suspect was identified by the victim out of a one person lineup. He pointed and said "That's the guy that robbed me" and the local authorities took him away. Later during the trial the robber relieved his court-appointed lawyer and defended himself into a 20 year sentence in prison.

When the trooper finally got home many hours later his roommate was still pumped up. "That was great. I've got to a job in law enforcement," he gushed. The trooper tried to explain that it was not like that every night but it did not matter to him in the least. Soon after he got a job with a police department in the Metro Atlanta area and is still working there today. □

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McDonough Named New Commissioner

On August 1, 2011 Governor Nathan Deal appointed Colonel Mark W. McDonough as the Commissioner of the Georgia Department of Public Safety. He became the 21st man to hold this position since the department was created in 1937. As many before him, he rose through the ranks of the Georgia State Patrol starting as a Trooper but his path to becoming a Trooper is unique.

After graduating as the Valedictorian of his high school class at Rabun Gap-Nacoochee School in 1981, McDonough received an appointment to the United States Naval Academy at Annapolis. In 1985 he graduated with a Bachelor of Science degree and was commissioned as a Second Lieutenant in the United States Marine Corps. After attending

The Basic School in Quantico, Virginia, he attended flight school and Basic Electronic Warfare in Pensacola, Florida, and Advanced Electronic Warfare at Whidbey Island, Washington.

In 1988, he was assigned to Marine Tactical Electronic Warfare Squadron 2 (VMAQ-2) at Marine Corps Air Station (MCAS) Cherry Point, N.C. as a Naval Flight Officer. He served as the Squadron Legal Officer and as adjutant to the Squadron Commanding Officer. In 1990 he was deployed to Bahrain in support of Operation Desert Shield/Desert Storm. McDonough flew 35 combat missions in a Grumman EA-6B "Prowler" earning the following awards: Single Mission Air

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USMC Captain Mark McDonough in the cockpit of his Grumman EA-6B "Prowler". (GSP PIO Photo)

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McDonough flew 35 combat missions in a Grumman EA-6B "Prowler" earning the following awards: Single Mission Air Medal with Combat "V," Air Medal with numeral "3," Navy Commendation Medal with Combat "V," Southwest Asian Service Medal, War Time Service Medal, and the Kuwaiti Liberation Medal.

Medal with Combat "V," Air Medal with numeral "3," Navy Commendation Medal with Combat "V," Southwest Asian Service Medal, War Time Service Medal, and the Kuwaiti Liberation Medal.

In 1991 after serving for six and a half years and attaining the rank of captain, he received an honorable discharge from the USMC. He and his wife missed the mountains of north Georgia so they moved back home. For the next few years he tried contract security work. The money was good but something was missing. He realized it was the desire to serve the public again as he had while in the Marine Corps. He felt law enforcement was the career that appealed most and there was only one organization for him, the Georgia State Patrol. Because of his extensive background as a pilot he was impressed that the GSP had an excellent Aviation Division. He was also impressed that, like the Marine Corps, the GSP had a rich history and was steeped in tradition.

McDonough began his career with the Department of Public Safety in 1995 and graduated from the 70th Georgia State Patrol Trooper School, where he was elected class president. In 1997 he received the Department's highest award for Valor. His assignments have included serving as a trooper and as Assistant Post Commander at Post 27 Blue Ridge, a pilot in the Aviation Division, Executive Assistant to the Commissioner and Legislative Liaison, Commanding Officer of the Georgia State Patrol, and the Deputy Commissioner of the Department of Public Safety.

He also served on the Troop B Concentrated Patrol Unit and the Governor's Task Force for Marijuana Suppression. In addition, he has served as the Traffic Control Coordinator



and Officer in Charge of three stages of the Tour de Georgia and as an Assistant Mobile Field Force Commander for the G-8 Summit. He was a representative to the first Georgia Homeland Security Task Force. McDonough has served as the Officer in Charge of the 2007 and 2011 Inauguration Pass-In-Review.

While assigned to the Aviation Division he served as the Safety Officer and developed their Standard Opera-

Currently there are 751 troopers, for an average of only 7.5 per 100,000 residents. The national average is 23 per 100,000 residents. He feels an increase to 1,200 troopers is needed.

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Col. Sid Miles, Corporal Joe Harrison, TFC Mark McDonough, Major Wayne Starley, and Major Jim Prine at the DPS Awards Ceremony in 1999. (GSP PIO Photo)

The Colonel is especially proud of the newest of the units, the Critical Incident Support Team. He considers it to be “An emotional SWAT Team.”

tions manual. McDonough is an FAA Certified Commercial Pilot with Single and Multiengine Land, Instrument Airplane, and Rotorcraft-Helicopter ratings. He is also POST certified as a general instructor as well as a firearms instructor.

McDonough is a graduate of the Georgia Law Enforcement Command College at Columbus State University where he received his Masters of Public Administration in May 2008. In December, 2008 he also graduated from the 235th Session of the FBI National Academy at Quantico, Va. He participated in the Executive Leadership Development Program in 2010 and attended counter-terrorist training in Israel in 2011 as a member of the 19th Delegation for the Georgia International Law Enforcement Exchange.

Active in his community, McDonough is the alumni representative to the Board of Trustees for Rabun Gap-Nacoochee School and a former member of the Clayton Rotary Club. He has been a volunteer baseball, basketball and soccer coach. He and his wife, Leith, have been married for twenty-five years. They have three children: Megan, Katie and Will, and attend the Rabun Gap Presbyterian Church.

One of his primary objectives as commissioner is to increase the size of the GSP. Currently there are 751 troopers, for an average of only 7.5 per 100,000 residents. The national average is 23 per 100,000 residents. He feels an increase to 1,200 troopers is needed. Not only is Georgia the 9th most populous state but it is also the largest in area east of the Mississippi River. Since early 2008 the GSP has assumed primary responsibility for investigating traffic accidents inside the city of Atlanta on all Interstate Highways in addition to GA 400 and Langford Parkway (GA 166). This is also a factor in the request for more troopers.

Four crash corridors have been identified in the state: I-75 in Cobb County, I-85 in Gwinnett County, I-285 from the North Loop to I-20, and GA 400. Troopers are assigned to patrol these areas in an effort to reduce accidents by targeting dangerous drivers. In addition to its traffic enforcement duties the GSP is increasing its Homeland Security role. This includes utilizing troopers, working with federal,

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Then LTC McDonough attends counter-terrorist training in Israel in 2011.

state, and local law enforcement intelligence sources, to guard critical infrastructure in the state.

There are four GSP special units that are sole source providers to other law enforcement agencies in the state, particularly rural departments. They are the Specialized Collision Reconstruction Team (SCRT), the Special Weapons and Tactics (SWAT) Team which includes the GSP Dive Team, the Aviation Division, and the Critical Incident Support Team. Most departments are not large enough to have personnel assigned to these functions full time or even to have anyone with the necessary training or experience to do the job.

The Colonel is especially proud of the newest of the units, the Critical Incident Support Team. He considers it to be

"An emotional SWAT Team." Led by Lt. Andy Carrier, it is a 50 member team of specially trained personnel who have been involved in critical incidents themselves. They are modeled after the successful South Carolina Highway Patrol team and are in the process of completing seven levels of nationally certified training. All of these units provide essential services and are an asset to the entire state of Georgia.

The Aviation Division has returned to the command of the GSP after being reassigned to the newly created Georgia Aviation Authority in 2009. Captain Billy Smith has been lured out of retirement to be sworn in as the new division director. One of the first priorities is to modernize the fleet and standardize the aircraft utilized. This will increase pilot

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LTC Russell Powell, Deputy Commissioner.
(GSP PIO Photo)



Major Eddie Grier, Commanding Officer.
(GSP PIO Photo)



Major Hank Fielding, Headquarters Adjutant.
(GSP PIO Photo)

One statistic that is a particular source of pride for the Colonel is that an independent study showed that GSP Troopers issued warnings 52% of the time on traffic stops and he feels this demonstrates that the troopers are compassionate and not obsessed with writing tickets.

safety and make maintenance more efficient. At the present time several different types of civilian and military helicopters are being used around the state. They would all be replaced by a single model with multi-mission capabilities, the Bell 407. Among other things it can be equipped with a water transporting device for fire suppression and tactical benches, like the military special ops use, for SWAT or Dive Team operations.

Although GSP Troopers are equipped with new handguns and shotguns, it has been many years since each trooper was issued a rifle. So the department is in the process of choosing a new patrol rifle. It will be a semi-automatic chambered for the 6.8mm Remington SPC round and topped with an Aimpoint red dot sight but the make and model are yet to be determined. The quest to find the most efficient weapons, patrol cars, and other related gear is an ongoing process to ensure that the men and women of the department look the best and are also the best equipped.

One statistic that is a particular source of pride for the Colonel is that an independent study showed that GSP Troopers issued warnings 52% of the time on traffic stops and he feels this demonstrates that the troopers are compassionate and not obsessed with writing tickets.

When Colonel McDonough took over as commissioner he appointed an entirely new command staff. Three experienced GSP officers were promoted and transferred to different positions. Lieutenant Colonel Russell Powell is the Deputy Commissioner after serving as Commanding Officer, Major Eddie Grier is the Commanding officer after serving as Troop D Commander, and Major Hank Fielding is the Headquarters Adjutant after serving as Troop C Commander. Under their leadership the DPS will continue to remain in the vanguard of law enforcement agencies nationwide.

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The FBI National Academy

By Lt. Andy Carrier

When President Herbert Hoover established the Wickersham Commission, officially called the National Commission on Law Observance and Enforcement, on May 20, 1929, prohibition, or the idea of it, was in full tilt. It was Hoover's position, along with many others', that prohibition was the main facilitator and contributor to organized crime. The Commission, named after then Attorney General George W. Wickersham, was comprised of an eleven member panel and was charged with identifying the causes of criminal activity as well as making recommendations for appropriate public policy. The final Wickersham Report was released on January 7, 1931.

The basic premise of the report outlined that law enforcement on all levels were failing in those trying times. It is not an irony that many State Police/Highway Patrol agencies were established between the late 1920's and mid 1930's. The failure to enforce prohibition laws went hand in hand with corruption on every level of government, including law enforcement. The report further documented the widespread evasion of prohibition and its negative effects on American Society. The report recommended much more aggressive and extensive law enforcement to enforce compliance with anti-alcohol laws.

Finally, the Wickersham Report blasted police for their "general failure to detect and arrest criminals guilty of the



Anna Elsey (Richland Co, SC SO), Mike Drake (New York SP), the author, and Pete Davies (Australian Police) after completing the infamous "Yellow Brick Road".

many murders, spectacular bank, payroll, and other holdups, and sensational robberies with guns." Through the findings of the report and because of the general concerns for public safety felt nationwide, many State Police and Highway/State Patrol agencies were born. Also, as a direct recommendation of the Wickersham Report, a "National Police Training School" was formed. Enter, the FBI National Academy.

The FBI National Academy (FBINA) traces its beginnings back to July 29, 1935 when the first "FBI Police Training School" graduated 23 students from across the country. As a result of the Wickersham Commission findings, it was concluded that standardization and professionalism could be enhanced through centralized training.

With strong support from the International Association of Chiefs of Police (IACP) and with the authority of the U.S. Congress and the Department of Justice, the first "National Police Training School", as it was termed then, became a reality. Today, the FBI National Academy is a professional course of study for U. S. and international law enforcement leaders that serves to improve the administration of justice in police departments and agencies at home and abroad and to raise law enforcement standards, knowledge, and cooperation, worldwide.

The FBI National Academy's mission is "to support, promote, and enhance the personal and professional development of law enforcement leaders by preparing them for complex, dynamic, and contemporary challenges through innovative techniques, facilitating excellence in education and research, and forging partnerships throughout the

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The author receiving his diploma from FBI Director Robert Mueller.

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Two five man teams completed the 300 mile relay challenge, the author is on second row, far right.

world." The FBI Academy is located in Quantico, Virginia. It is probably the safest police academy in the world, as it is insulated within the United States Marine Corps Base, Quantico. This is where young men and women come to train in hopes of becoming Marine Officers.

Law enforcement leaders from every state, U.S. territory and from over 150 counties attend the FBINA. Acceptance into the NA begins by a nomination process in which the candidate is recommended by an agency head (Commissioner, Chief, Sheriff, Mayor, etc). Applicants must hold the rank of Lieutenant (with some exceptions) or above. Once a nomination is forwarded to the FBI, the acceptance process into the FBINA begins. An FBI field agent is assigned as a liaison/background investigator once an applicant's nomination is accepted by the FBI.

As to be expected, their background investigation is in-depth. In addition to the background investigation, there is an intense physical exam and at least one face to face interview with the agent assigned to you. Proper height and weight standards must be met. The physical training while at the NA is intense, so FBI personnel want a general indication as to the fitness integrity of its applicants.

If the applicant is accepted by the FBI to attend the NA, they are assigned a FBINA Session Number for which they will attend. I was assigned the FBINA's 245th Session, which began on April 4, 2011 and finished on June 10, 2011. Naturally, I was proud to have attended the NA. However, I was just as proud to have been merely accepted into the NA.

Statistically, less than one percent of those who initially apply, or who are nominated, are granted admission to the NA. The actual number admitted are seven tenths of one percent of those who apply. I feel both honored and privileged to have been the 60th member of the Georgia State Patrol to attend and graduate from the FBINA. While there, I felt that I was in the presence of the "Who's Who" of law enforcement.



The author and Texas Ranger Captain J. D. Robertson with other classmates in background.

The FBINA typically conducts four ten week sessions per year. Each session will include up to 250 attendees from the United States and its territories and internationally. In the 245th Session, we had 247 attendees from 49 states and 27 countries. Each NA Session is subdivided into six sections. Each section is assigned a counselor, who is a seasoned FBI Agent. They are a part of the session and graduate with us at the end. Each section also has a section leader who is elected by each section. In the ninth week, the session selects a representative from the six section leaders as the session representative to give the class speech at graduation. Will, our session representative, is the Deputy Chief of Police in Arlington, Texas. He gave a fantastic presentation at graduation.

Everyone at the NA has a roommate and suitemates. My roommate, Jack, is a Lieutenant with the Philadelphia PD and serves as the Executive Assistant to Chief Charles Ramsey. My suitemates, Brian and Barry, were from Ottawa, Canada and Sitka, Alaska. Great guys! My closest new friends were Ron (Mansfield, MA PD), Warren (Bradenton, FL PD), Mike (New York SP), J.D. (Texas Rangers), John (CA Dept. of Corrections), Brian (NYPD), Roman (New Mexico SP), Joan (Ottawa, Canada), and Anna (Richland Co SC SO.).

Ron and I went into Washington D.C. several times to explore various historical landmarks, including Arlington National Cemetery, Mount Vernon and the Capitol. We also visited the historic Marine Barracks at 8th and I Streets to see the United States Marine Corps Silent Drill Platoon and the Marine Corps Band.

Attendees to the NA who are Civil War buffs are smack dab in the middle of Civil War history while at Quantico. Several of us visited Fredericksburg and Chancellorsville several times. The Battle of Fredericksburg was the most lop-sided Confederate victory of the Civil War, and to roam the grounds where many died, fighting for what they believed was right, was very humbling.

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It has been said that the FBINA is one third academic, one third physical endurance, and one third networking. The NA is no different than many other undertakings....you get out of it, what you put into it. From an academic standpoint, courses (graduate and under graduate) are offered in the areas of Law, Forensic Science, Behavioral Science, Leadership Development, Communication, and Health/Fitness. The main difference between a graduate and an undergraduate course normally involved the addition of a 12-15 page paper in graduate courses. Of my five classes, three of them were graduate level courses.

The level of instruction at the NA is unmatched anywhere else. From the lead interrogator of Saddam Hussein, to the Public Information Officer of the USMC during the Tail Hook scandal, to the lead agent in the Richard Miller espionage case (Miller was an FBI Agent, charged with selling information to the KGB), the instructors were excellent. Lieutenant Colonel Jim Vance USMC Ret. served for 22 years before retiring in 1992 as the PIO for the entire Marine Corps. In 1992, he became a Media Relations/Communications Instructor at the FBINA, becoming the first non-FBI element to serve as an instructor at the NA. He was passionate about what he taught and I was fortunate to have him as an instructor.

Attendees who successfully pass their classes are granted course credit thanks to a partnership between the NA and the University of Virginia. Attendees who take graduate courses must receive at least a "B" to pass the course. Academically, the NA was very "environment friendly." Along with the willingness to help on the part of the instructors, were the endless resources at the NA. From the computer lab, to the three story library, the stage was set to learn. Everything was at your disposal, 24 hours a day. The amount of information that was at your fingertips was mind boggling to me. I took advantage of it all.

Physical training was mandatory for everyone. Our PT instructors were Masters and PhD level experts in the fields of exercise physiology, wellness, health, and nutrition. We had mandatory PT three or four days a week, where we trained with our section, 44 of us. Every Wednesday was the dreaded Challenge Run, in which the entire session, all 247 of us, participated together.

Challenge runs started out with a 1.8 mile run on the first Wednesday, then increased by a mile the following Wednesday. On two of the "Challenge Days" we participated in intense circuit training exercises for 20 minutes and then 30 minutes the second time. As much as I despise running, the circuit workouts made running seem not so bad. The

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circuit training days basically involved going from exercise to exercise, non-stop. I never realized just how long 20 minutes could be.

We eventually worked up to a 6.1 mile obstacle course/run, called the "YBR". The Yellow Brick Road is part of the USMC Basic School's obstacle course. The name comes from the yellow painted stones and bricks that dot the course, so that Marine Officer Candidates and NA students don't get off course. The reward for completing the infamous Yellow Brick Road is a yellow brick with your session number stamped on it.

The YBR is filled with obstacles, steep hills, winding narrow paths with exposed roots and stumps, and USMC tank trails. Many who have started the YBR never finished. Since the YBR became a part of the NA's physical fitness standard, two people have died on the course. There have also been a few non-fatal heart attacks and MANY sports related injuries. Our session saw two broken ankles (One was an FBI Instructor), a broken arm, a back injury, and a completely torn hamstring.

One of my goals while attending the NA was to get in much better shape, as I felt I was in "just ok" shape before heading to Quantico. The plan of attack was four-fold. First, was moderate, light weight training, three days a week.

Secondly, was to exert the maximum effort during all PT classes. Third, was to swim at least five days a week. During the first week, my PT Instructor, John Van Vorst took my blood pressure, fat skin fold tests, recorded body weight, etc. Lastly, even though these numbers were within normal ranges, I wanted to see improvements here as well. To me, the cafeteria offered many healthy alternatives for those who wanted to eat right. Taking in the right foods at the right times was convenient and easy. With the swimming, another goal while at the NA was to earn a Blue Brick. Blue Bricks are awarded to those who swim 34 miles or more while at the NA.

I have never considered myself a swimmer, nor had I ever attempted a single lap in an Olympic sized pool. I have always had a healthy respect/fear for and of the water. Ron, Warren, and I entered the pool at 12:30 PM on April 4, 2011 to complete our first lap. After four laps, Ron and I wanted to quit. I felt absolutely spastic in the water and was winded. Warren looked a little more "at home" in the water than Ron and I did.

Ron looked at me, shaking his head, as if to say, what are we doing here? I yelled, "Dude, let's find a stroke that we are comfortable with, take our time and do a half mile!"

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In roughly 25-30 minutes I "side stroked" my way to a half mile. I did my first complete mile three days later....in 55 minutes. After two weeks of using nothing but the side stroke, I tried the breast stroke. I would alternate between the two strokes for several weeks.

At the 20 mile mark, I decided that it was time to learn the freestyle stroke (or crawl). With the side stroke and the breast stroke, you are moving and then nearly stopping in the water. With the freestyle stroke, you are, or should be, constantly moving. The difference in strokes could be compared to swimming like a frog as compared to swimming like a fish. With the help of Tom (Gwinnett Co, GA P.D.), Bubba (Dothan, AL P.D.), Joan (Ottawa), Sam (Hawaii), and Gary (GBI), I went from swimming a mile in just under an hour, using only the side stroke, to swimming a mile in 25 minutes, freestyle. I ended up swimming the 34 miles in seven weeks. It is 34 miles from Quantico to Washington D.C. This is how the swim challenge got its beginnings.

After finishing the 34, I continued to swim. Sam approached me and asked if I wanted to be a part of a five man, 300 mile relay swim team. I accepted, and in the end, swam 61 miles, total. As a team, we swam 380 miles, with Sam swimming over 130 miles. We ended up earning two Blue Bricks, one for the 34 miles and one for the 300, plus. Two five man teams completed the 300 mile relay challenge. Swimming burns calories. Depending on intensity levels, swimming a mile burns roughly 400-450 calories. Running a mile burns 100-150, and walking a mile burns 50-75 calories. It was easy to see why I was starving every time I exited the pool!

With all the physical activity I was getting, along with the healthy eating, I lost 19 lbs. in the first five weeks. This was mainly due to the swimming and eating habits. I was basically burning way more calories than I was taking in,

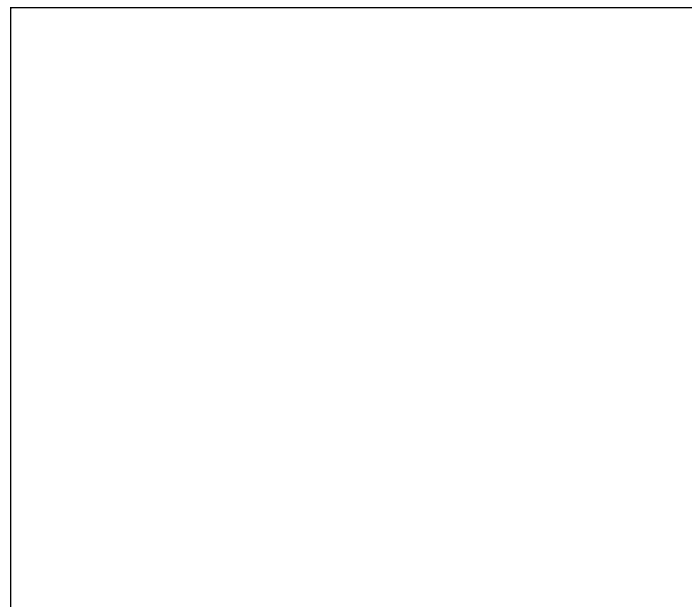
so I became a little more "liberal" with what I ate. In the end, I left Quantico ten lbs. lighter than when I arrived. The swimming was a huge benefit, as I was able to "work around" a preexisting knee injury and constant calf muscle strains that hindered me while running. Achilles tendonitis was another issue that I had to deal with. Since the average age of a NA student is the mid 40's, it seemed that many had ailments on some level to contend with.

I credit John Van Vorst with helping me "work around" my hindrances. He and I hit it off from the very first PT session. John has a Master's in Exercise Physiology from Ohio State, where he was a member of the wrestling team as well. He was a wealth of knowledge, not only in exercise science, but in nutrition as well. As with the academic experience, the environment was set for physical training success as well. The gym, cardio rooms, weight room and pool were all open 24 hours a day. The willingness to help on the part of John and the other PT instructors was huge.

The third segment of the FBINA experience was the networking. It's tough to say which was the more beneficial aspect; the academic, the physical or the networking. Since you can learn anywhere, at some level, and you can physically train your body in so many different ways, location aside, I would have to say that the networking is the most invaluable tool that you take away from the NA.

The one thing that you learn pretty quickly is that whether you live in Augusta, Georgia, Sitka, Alaska or Perth, Australia, the problems that we encounter are universal. This is one of the reasons why networking is so important. You gain direct insight as to what other agencies are doing about similar problems. You learn about successes and failures. You steal good ideas in exchange for yours.

For example, the Peer Support concept is a relatively new idea in law enforcement. As a member of GSP's Critical



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Incident Support Team, I was able to share training ideas and incident scenarios with several of my classmates from larger and smaller departments who want to create their own peer teams. I have been in contact with three fellow NA graduates, Ron is one of them, consistently, in helping them create their own teams.

Just hanging out in the hallway, the parking lot or on any number of trips we went on was, to me, the true essence of networking. When you go to a movie with George (Greece) and Jürgen (Germany) and you laugh at the same jokes or are touched by the same things, there is a lot to be said for that. Our similarities are greater than our differences.

Gary Rothwell (GBI) was one of my swim partners and was at the NA for a six month teaching fellowship. Gary is the GBI's SAC in Perry. Ron Sellon is a Lieutenant with the Mansfield, MA PD. Mansfield is 40 minutes from Boston. After a four year stint in the Navy, Ron plunged into an academic frenzy, attaining his Bachelor's, Master's, and Law Degrees in less than ten years. My hat is off to him, but more so, to his wife, Jen, who had to put up with him all those years. Jen is from Western Mass and attended Hoosac Valley High School. Hoosac, located in Adams, MA, is the cross town rival of Drury High School....MY high school! Jen and I had fun giving each other a hard time about the rivalry when she met us in D.C. for a weekend.

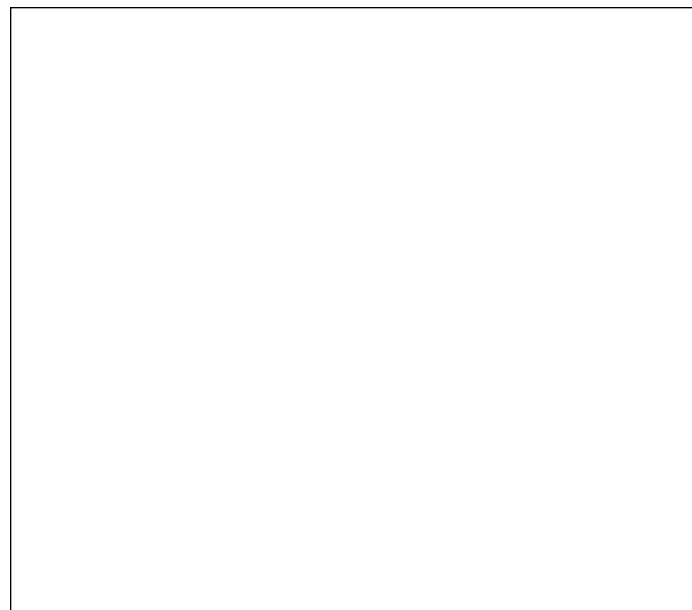
As I said earlier, I felt as though I was in the presence of great leaders in our profession. I was, in some ways, awestruck to be with them. To see something on CNN or FOX News a few years ago, then to be talking with people who were intimately involved with that situation is pretty cool. Terry Fritz is the Deputy Chief of Police in Salt Lake City, Utah. We had two classes together. In one class, Terry, myself, and two others gave a power point presentation on the Trolley Square Mall shooting massacre. This shooting

happened in February 2007. Six people were killed and four were injured. Terry was the incident commander that day. The difference between seeing the news four years ago, and hearing about it first hand from Terry is like night and day.

Although many who attend the NA hold high positions, many go on later to attain even higher positions of greater importance. Many NA graduates have become Senators, Congressmen, and even Presidents. In attendance for FBINA Session 229 was Atifete Jahjaga. Upon her attendance at Quantico, she was the Deputy Director of the Kosovo Police, holding the rank of General Major. In April, 2011, she became the first female to be elected President of Kosovo. She is also the youngest.

Throughout my 22 year career with the Georgia State Patrol, I have been extremely fortunate. Because of this job, and the people that I work with, I have been afforded some pretty amazing opportunities. Seeing the country during the 1996 Olympic Torch Relay, while protecting the Olympic Flame and the people who were chosen to carry it, was a highlight. Being a part of two Super Bowls was incredible. Being a part of the 2004 Bush-Cheney Inauguration Security Detail in Washington was an honor. Attending the Georgia Law Enforcement Command College at Columbus State was a great opportunity.

Attending and graduating from the FBINA was an incredible highlight, honor, and the greatest of opportunities. I have made life-long friends from the far reaches of the earth and have gotten to know people a little better who live "just across the street." I have learned from the ones who walked the walk on the biggest of sidewalks, and I have been given the tools to take care of myself a little better. I would like to thank everyone who made my attendance at the FBINA possible. *(All photos courtesy of the author)* □





Basic Tactical Principles

By Van Keller

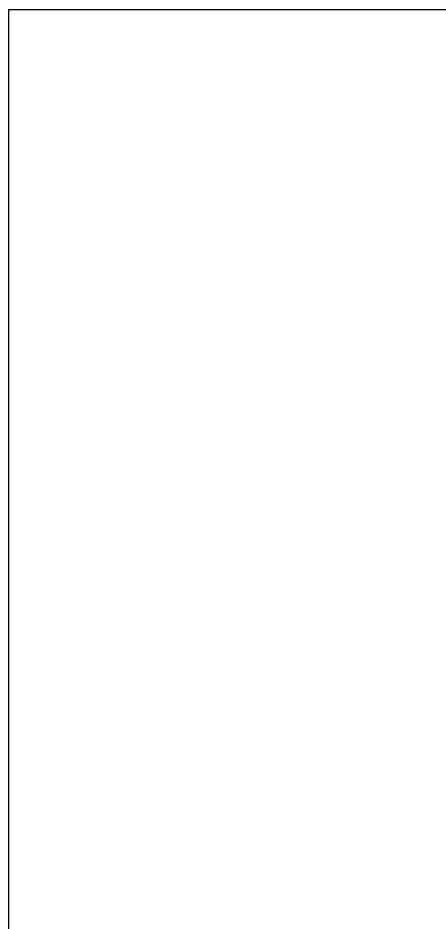
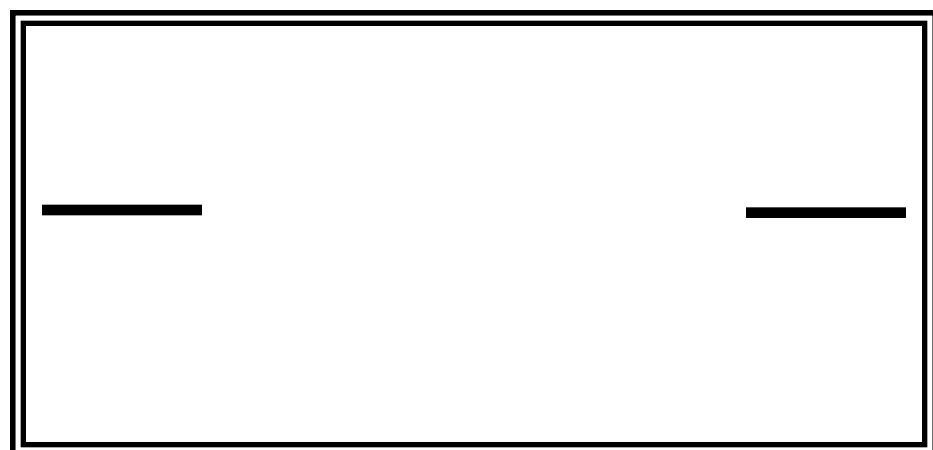
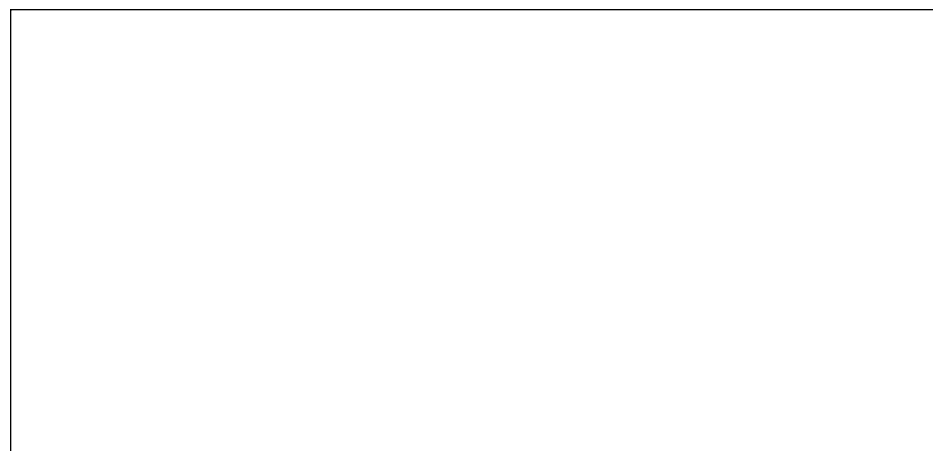
The proper employment of tactics is the second of four components of lethal threat survival. The first being mental conditioning and awareness, followed by marksmanship skills, and finally choice of equipment. The word tactic refers to the systematic conduct of a fight. There are several types of tactics. The ones that help a trooper win a gunfight are individual tactics. In a previous issue (vol. 23, no. 1) I covered the single most important tactic, the use of cover, in great detail. In the following issue I explained that if you wear your body armor it allows you to take your cover with you.

In this issue I will discuss the other 24 basic tactical principles. Adhering to these principles will greatly increase your chance of surviving a gunfight. Most tactics are neither exotic nor closely guarded secrets. They are just common

sense applied at the right time. To employ tactics a person must think. You must remember that the mind is the most powerful weapon. The GSP issued Glock pistols, Benelli shotgun, and Ruger rifle are only tools. Obviously the tactics are different but the proper use of tactics can save your life even if you are unarmed.

Also, the execution of tactics is not an exact science. This means there is no right or wrong way. Each of the tactics presented has been proven to be effective. But if you have another way of doing something that works as well then use it. The human mind is not creative under stress. It must be "preprogrammed" to perform as desired. This is why troopers are trained to handle situations before actually being placed in the situation. A trooper must learn and practice proper tactics to prevent being forced to improvise during a life threatening situation.

Get off the "X". The "X" refers to where someone is
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Corners and doors are the two most dangerous obstacles to be cleared when searching a building.

standing when a gunfight begins. Imagine a big "X" painted on the ground. The simple act of taking a single step laterally to either side greatly decreases the odds of you being shot. Moving is important but shooting is critical to winning a gunfight. **Maintain global security.** Look up, look down, look all around. Imagine yourself in the center of a globe. Do not just scan 360 degrees at eye level. Fighter pilots call it "checking your six", referring to the six o'clock position. It basically means looking behind you. You should "Check your six" before, during, and after a confrontation.

For each anticipated situation, **have a plan and an alternate plan.** Play "what if" to program the subconscious mind. This allows you to **react and do something** instead

of hesitating and being killed. **Maximize the distance between yourself and danger.** The closer you are to an assailant the easier it is to be attacked with an edged weapon, an impact weapon or even bare hands. If firearms are used, distance favors the trained marksman. An assailant does not have to be the national pistol champion to hit from you three feet away.

Several tactical principles deal specifically with the use of firearms. **Do not get caught with an empty gun or your gun in the holster.** Each year a number of officers are slain in one of these two conditions. **Do not fire warning shots.** In addition to being against Georgia State Patrol policy, it is dangerous and tactically unsound. **Only hits count.** Fire as fast as you can hit but no faster. A slow hit may be too late to save you but a fast miss is more than a loud noise. It is a bullet traveling out of control that will eventually strike something. What it strikes, you are responsible for. So by not hitting your assailant you have multiple problems. First, you still have someone trying to kill you. Second, is the problem of stray bullets. Third, you are wasting ammunition. To ensure that you hit what you are shooting at, you must **watch your front sight.** Unless you are at contact distance, if you give in to the temptation to look at the target you will probably miss.

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Before you can shoot you must **quickly locate and identify your target**. This can be especially difficult at night, in a crowd, or if fired on by an unseen gunman. **Do not try to shoot and move at the same time.** Do one or the other. If you try to do both you will do neither well. You will run slower and shoot less accurately. Currently GSP Troopers are better armed and equipped than at any time in the department's history. You have a state-of-the-art service handgun, back-up handgun, and shotgun. You also have spare magazines, the most effective ammunition available, a fast but secure duty holster, body armor, a Taser, OC spray, baton, hinged handcuffs, and a portable radio. But no matter what weapons are issued to be proficient the trooper must **practice, practice, practice**. This means there is no magic gun or magic bullet. The effectiveness of the gun and ammunition are dependent on the operator.

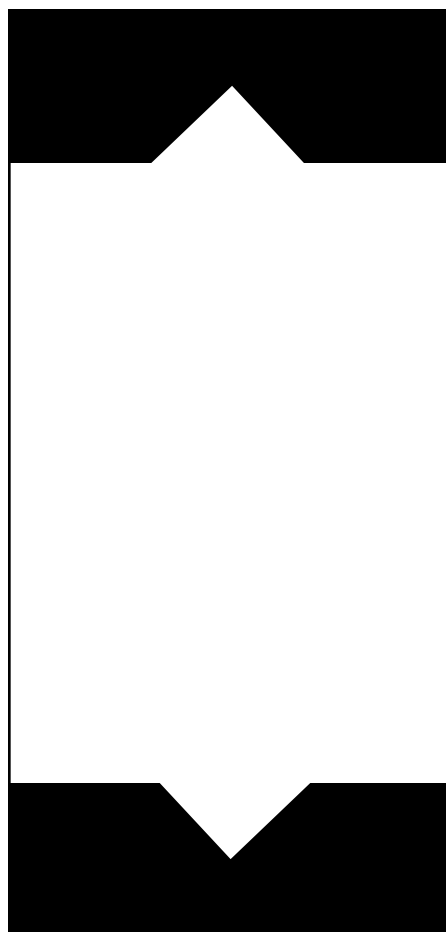
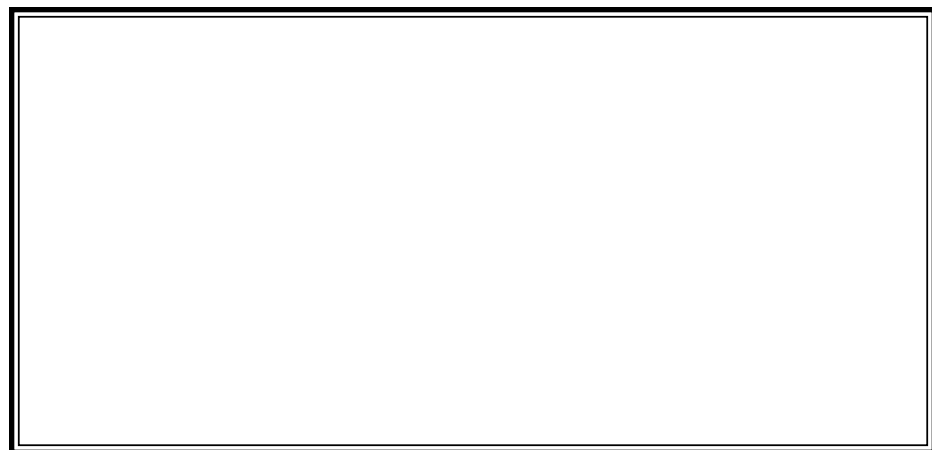
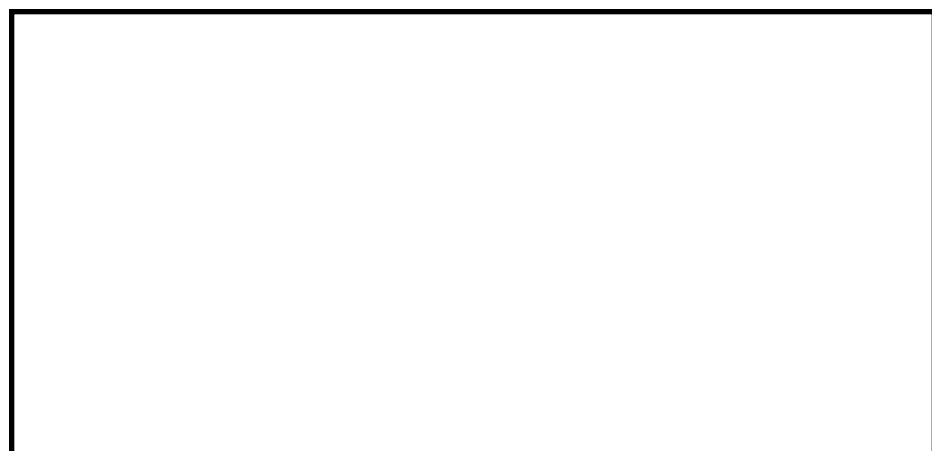
Although searching buildings is not one of a GSP Trooper's primary duties, often they find themselves doing this while assisting another agency. Because of the chance of having to search a mobile home, a house or some other type of building it is necessary to understand some of the tactical principles involved. **Do not make noise.** Do not shuffle your feet and do not scrape against the wall. **Keep your back to the wall** to prevent an assailant from sneaking up behind

you. This is a real problem considering a human's limited peripheral vision under stress. Remember toward the wall does not mean touching the wall. Also do not **turn your back on an area that has not been cleared**. This requires special attention when passing windows and open doors.

Keep your balance. Never step on anything you can step over or around. Stepping on something increases the odds of making noise or even falling down. **Point the weapon in the direction you are looking.** Because you cannot fire a bullet with your eyes, if you are attacked while you are looking one way and have the weapon pointed another you may not have time to line the two up to shoot. **Do not let the muzzle precede you** through a door or around a corner. If your assailant sees a barrel coming it does not take a rocket scientist to figure out that you will be right behind it.

Corners and doors are the two most dangerous obstacles to be cleared when searching a building. Although there are too many different techniques for entering doors to be discussed here, the main thing to remember no matter how you choose to enter, **do not stand in the doorway**. Get in then continue to move. The doorway is called the "Fatal funnel" because no matter where an assailant is in the room he will be focusing on it, so locating a target is very quick and

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easy. The person entering the room is at a huge disadvantage because he must search the entire room for the assailant.

The safest way to negotiate a corner is by executing a technique called "**slicing the pie**". To properly "slice the pie" the trooper should have the handgun up and be looking through the sights. He should stand as far away from the corner as possible. Looking at the corner, anticipating an attack, take small side steps around the corner until a piece of a person is seen, a foot, the stomach, or a hat, etc., or the corner is cleared. If done correctly you can see the other person before they can see you because of the angle. If a person is located, he must still be identified before you can shoot.

Use light to your advantage. If possible remain in the dark and keep your assailant in the light. Use your flashlight, take down lights or bright headlights to conceal you.

Be alert to danger signals. If something looks wrong or feels wrong, it probably is. Too often after a trooper has been assaulted when he replays the entire incident in his mind he notices that danger signals were present but were ignored.

Do not relax too soon. As Yogi Berra said "It ain't over till it's over". Make sure the problem has been solved before you quit. **Do not lose sight of your objective.** A trooper's primary objective should be to stay alive. If you cannot protect yourself you cannot protect the public.

The proper employment of tactics is important because it gives a trooper the advantage in a lethal threat situation. It will definitely help him to survive the encounter and may allow him to control the situation without resorting to deadly force. Tactics are common sense, remember these 25 basic tactical principles and use your head and you will survive. Remember STAY ALERT-STAY ALIVE.

Authors note: The use of he instead of the more cumbersome he/she in the text is intended for ease in reading and not to slight the many outstanding female troopers nationwide.

BASIC TACTICAL PRINCIPLES

1. Always use cover or concealment
2. Get off the "X"
3. Maintain global security
4. Have a plan and an alternate plan
5. React and do something
6. Maximize the distance between yourself and danger
7. Do not get caught with an empty gun or your gun in the holster
8. Do not fire warning shots
9. Only hits count
10. Watch your front sight
11. Quickly locate and identify your target
12. Do not try to shoot and move at the same time
13. Practice, practice, practice
14. Do not make noise
15. Keep your back to the wall
16. Do not turn your back on an area that has not been cleared
17. Keep your balance
18. Point the weapon in the direction you are looking
19. Do not let the muzzle precede you
20. Do not stand in the doorway
21. To clear a corner "slice the pie"
22. Use light to your advantage
23. Be alert to danger signals
24. Do not relax too soon
25. Do not lose sight of your objective