

Issue 01 | Summer 2023

ROLL CALL MADNESS



The **KNOCK & TALK**

Comic Relief From The Street

Magazine

POLICE LINE

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Welcome to the first issue of Roll Call Madness, a K&T Magazine, where we mix humor with serious topics, delivering entertaining and informative content from the world of law enforcement. Enjoy!





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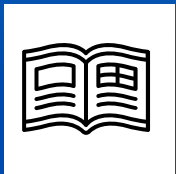
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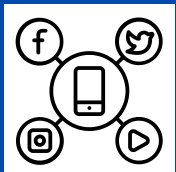
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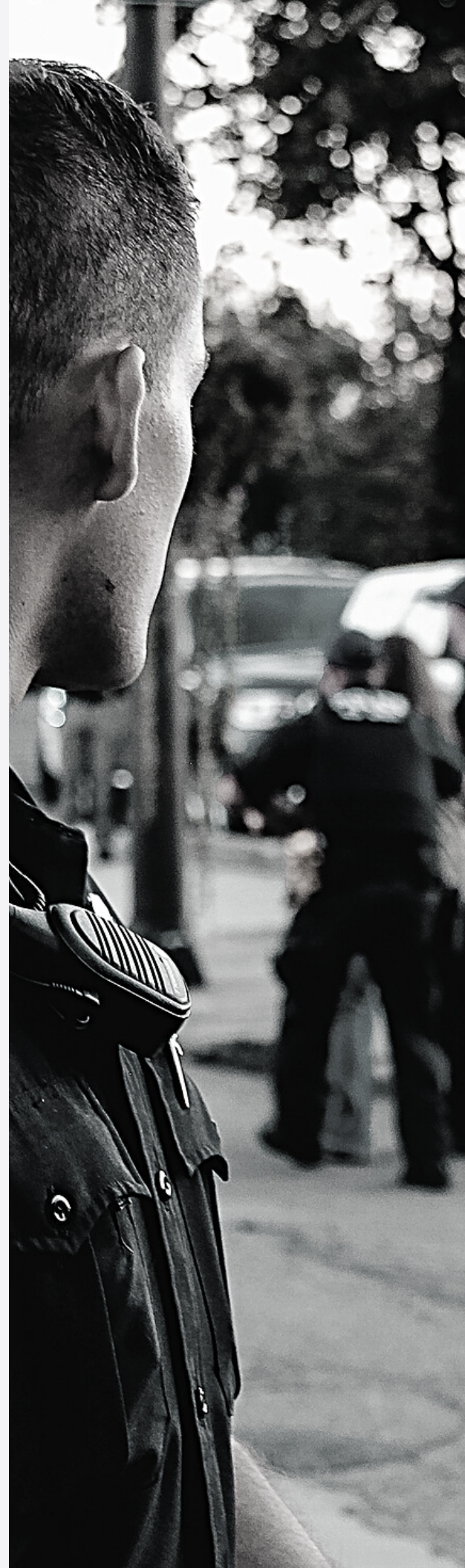
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Letter From the Editor



Dear readers,

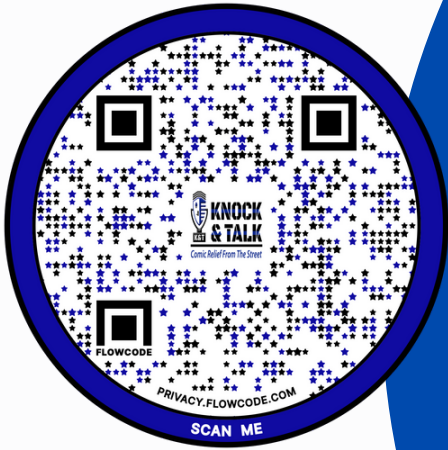
Welcome to the first issue of the Knock & Talk magazine, "Roll Call Madness," where we will bring you the funnier side of law enforcement, while also discussing serious topics effecting today's officers. Our goal is to provide a platform for law enforcement officers and their families to connect, share stories, and have a good laugh together.

In each issue, we will feature hilarious and heartwarming anecdotes from the world of policing, as well as articles on a variety of topics, from new technologies and techniques for policing to personal stories from officers on the front lines. We believe that humor is a powerful tool for building camaraderie and morale among police officers, and we hope that our magazine will help you find joy and laughter in your important work.

Thank you for joining us, and we can't wait to share the lighter side of police work with you.

Sincerely,

Patrick Faulkner
Patrick Faulkner



05

A Look Ahead for the Knock and Talk Show

For the season 2 of the Knock and Talk Show, we moved the recording studio, made some design changes to the finished video version of the podcast and there is still more to come. Continuous efforts are being made to increase the production value in both audio and video renderings of each future episode.

In addition to increased production value, we are soliciting new guests, even if they don't think they're funny, to share their outrageous stories - because we all have them. We are looking for LEOs from all fields; Sheriff's Offices, PD's, Corrections and Jailers, as well as Federal and State Agencies. If you have a book, podcast, and/or a business that offers a product or service, you'll be able to pitch and plug it on the show. So what is stopping you? Let's get you scheduled for our next episode.

In our fast-paced modern world, it's easy to feel overwhelmed and stressed out. From work demands to personal responsibilities, we often find ourselves constantly on the go, without taking the time to slow down and recharge. That's why grounding exercises like the 3-3-3 reset are becoming increasingly popular, as people recognize the benefits of taking a few moments to reset and connect with their surroundings. In this article, we'll explore why the 3-3-3 grounding reset is beneficial and how you can incorporate it into your daily routine.

First, let's define what the 3-3-3 reset is. It's a simple exercise that involves taking three deep breaths, name three things around you, and name three things you hear. The goal is to bring your attention to the present moment and connect with your environment, which can help you feel more calm, centered, and focused. Here are some of the benefits of practicing the 3-3-3 reset:

1. Reduces stress and anxiety

One of the main benefits of grounding exercises like the 3-3-3 reset is that they can help reduce feelings of stress and anxiety. By focusing on your breath and your surroundings, you're able to quiet your mind and slow down your racing thoughts. This can help you feel more relaxed and at ease, which in turn can improve your overall well-being.

06

The Benefits of the 3-3-3 Grounding Reset



The infographic features a yellow-to-white gradient background. At the top, the word "EASY" is written in a simple, black, sans-serif font. Below it, the numbers "3-3-3" are displayed in a large, bold, black font. Underneath the numbers, the words "GROUNDING RESET" are written in a black, all-caps, sans-serif font. To the right of the "EASY" text is a small cluster of yellow dots. To the left of the "3-3-3" text is another small cluster of yellow dots. Below the main title, there is a section titled "Quickly calm your mind when you feel anxious, panicked, or overwhelmed" in a bold, black font. This is followed by a bulleted list of three items: "Take 3 slow deep breaths", "Name 3 things you see", and "Name 3 things you hear". Below this list, there is another section titled "If you are still feeling anxious, panicked or overwhelmed" in a bold, black font, followed by a bulleted list of two items: "Move 3 body parts (e.g. arm, finger, foot, etc)" and "Continue to take slow deep breaths".

EASY

3-3-3

GROUNDING RESET

Quickly calm your mind when you feel anxious, panicked, or overwhelmed

- **Take 3 slow deep breaths**
- **Name 3 things you see**
- **Name 3 things you hear**

If you are still feeling anxious, panicked or overwhelmed

- **Move 3 body parts** (e.g. arm, finger, foot, etc)
- **Continue to take slow deep breaths**

2. Increases mindfulness and awareness

When you practice the 3-3-3 reset, you're bringing your attention to the present moment and noticing what's happening around you. This can help increase your mindfulness and awareness, which can have a positive impact on your mental health and overall sense of well-being. By being more mindful, you may be better able to appreciate the small moments in life and feel more connected to the world around you.

3. Helps with decision-making and problem-solving

When you're feeling overwhelmed or stressed out, it can be difficult to make decisions or solve problems effectively. By taking a few moments to ground yourself with the 3-3-3 reset, you may be able to clear your mind and approach your challenges with a fresh perspective. This can help you make better decisions and come up with more creative solutions.

4. Improves physical health

Practicing the 3-3-3 reset can also have physical health benefits. By taking deep breaths and feeling sensations in your body, you're engaging in mindfulness practices that have been shown to reduce blood pressure, lower heart rate, and improve immune function. In addition, the stress-reducing effects of grounding exercises can help improve overall health and well-being.

So, how can you incorporate the 3-3-3 reset into your daily routine? Here are some tips:

- Set a reminder on your phone or computer to practice the 3-3-3 reset at regular intervals throughout the day.
- Take a few moments to ground yourself before starting a new task or project.
- Use the 3-3-3 reset as a tool to help you cope with stress or anxiety.
- Incorporate the 3-3-3 reset into your morning or evening routine as a way to start or end your day on a positive note.

In conclusion, the 3-3-3 grounding reset is a simple but powerful tool that can help you reduce stress, increase mindfulness and awareness, and improve your overall health and well-being. By taking a few moments to connect with your environment and your body, you may find that you're better able to cope with the challenges of daily life and approach your tasks with a clear and focused mind. So, the next time you're feeling overwhelmed or stressed out, take a deep breath and give the 3-3-3 reset a try. Your mind and body will thank you.

07



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08

Introduction to Officers Jack Taylor & Sarah Kim

Officers Jack Taylor and Sarah Kim are two of the most dedicated police officers in the Atlanta Police Department. They are known for their bravery, quick thinking, and above all, their sense of humor. No matter what kind of crazy situations they find themselves in, they always manage to keep a level head and find the humor in the absurdity of their daily work.

Regardless how outrageous the call, Officers Taylor and Kim always manage to find a way to work together, crack jokes, and get the job done. With their unique blend of humor, determination, and courage, Jack and Sarah have become two of the most beloved officers on the force, and their stories are sure to bring a smile to anyone's face.

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Meet Officer Jack Taylor



Jack Taylor's first day on the job as a police officer in Atlanta was one he would never forget. As he was driving around the city, he received a call from dispatch about a drunk woman causing a disturbance at a local grocery store. Jack wasn't sure what to expect, but he knew it was his duty to respond.

When he arrived at the store, he found the woman stumbling around the aisles, yelling and knocking over displays. As he tried to calm her down, he noticed that there were several large crates filled with live chickens, labeled "fresh chicken," but something about them seemed off to Jack.

He approached the store manager and asked him about the chickens. The manager told him that they had been delivered that morning and were perfectly legitimate. But as Jack looked closer, he noticed that the crates had been tampered with. Of course, just then, one of the chickens broke free and charged at him. With his quick reflexes, Jack punted the bird into the air, over the shelf, against the back wall and then heard a "thud" as it hit the ground on the other side of the store. Yup, Jack offed the chicken.

After a quick reflection of this hilarious story he'll share back at the precinct about what just happened, Jack asked the manager to see the packing list for the crates of live chickens. He noticed the information didn't match that of the paperwork issued to the store owner. Jack immediately knew that something was wrong.

At that moment, the woman started screaming again, and Jack knew he had to turn his attention to her and do something to calm her down. He took her outside, away from the customers and employees, and started to talk to her. As she ranted about the injustice of the world, Jack listened carefully, trying to make sense of what she was saying.

Finally, she blurted out the truth – the crates of live chickens were stolen. She had been the mastermind behind a black-market chicken theft operation, and the crates in the store were just a small part of her scheme. She had been drinking to celebrate her latest heist and had gotten carried away, causing a scene in the store.

Jack couldn't believe what he was hearing. He knew that the life of a police officer was never dull, but he never imagined that his first day on the job would involve a drunk woman and a stolen live chicken black market.

As he took the woman into custody, he couldn't help but shake his head and smile at the absurdity of it all. But he also knew that his duty as a police officer was to uphold the law and protect the citizens of Atlanta, no matter how strange or ridiculous the situation might be.

Years later, as he looked back on that first day on the job, Jack still couldn't help but chuckle at the memory. He knew that there would be many more bizarre and hilarious calls in his future, and he was ready to face them all with a smile on his face and a determination to keep Atlanta safe.



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Meet Officer Sarah Kim



Meet Officer Sarah Kim, Jack Taylor's new partner. Sarah is a recent transfer to the Atlanta PD, known for her no-nonsense attitude and sharp wit. While Jack is known for his love of practical jokes and humor, Sarah is all business, and she has a hard time taking Jack seriously.

On their first day on the job together, they received a call about a potential bank robbery in progress. As they raced to the scene, Jack couldn't resist cracking jokes and making puns about the situation, much to Sarah's annoyance.

When they arrived at the bank, they discovered that the "robbery" was actually a group of senior citizens playing a high-stakes game of bingo, and they had accidentally hit the silent alarm. The bank had been recently converted to the senior center, but never changed in CAD. Sarah was exasperated, but Jack couldn't help but find the situation hilarious. He spent the rest of the day telling anyone who would listen about the time he almost busted a group of hardened elderly criminals at the local bingo hall.

Their next call was just as bizarre - a report of a man stuck in a tree. When they arrived, they found the man, who had climbed the tree to retrieve a lost drone and was now too scared to come down. Jack couldn't resist the opportunity to one-up the local firehouse and offered to climb up & rescue the man. He told Sarah, "Dr. Phil or Oprah is on; we'll wait forever for FD.

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As Jack made his way up the tree, Sarah couldn't help but roll her eyes. Yet she soon found herself laughing as Jack lost his grip and fell into a nearby bush; now covered in leaves and twigs. After witnessing Jack fall, the man started to make his way down on his own, and Sarah couldn't resist taking a photo of Jack's disheveled appearance.

Their final call of the day was perhaps the most bizarre of all - a report of a stolen garden gnome. When they arrived on the scene, they found a distraught homeowner who had spent years collecting rare and valuable garden gnomes, only to have one stolen from his front yard.

As Sarah began to take the report, Jack began cracking jokes about the importance of "Gnome security" and offering to submit an OT request so he could stake out the garden. Despite his attempt to be funny by offering to conduct a neighborhood canvas for info on a suspect, they found the culprit; a young child who had taken the gnome on a dare. Jack couldn't help but take pity on him, and he let the child off with a warning and a stern lecture about the importance of respecting other people's property.

As they made their way back to the precinct, Sarah felt a grudging respect for Jack's ability to bring levity to even the most ridiculous of situations. While she still found his jokes annoying, she couldn't deny that he had a way of making even the most frustrating calls more bearable.

The next day, while headed into their next shift together, she pondered on what other hilarious adventures awaited them on the streets of Atlanta.

13 On A Serious Tip with Ashlie Walton

Your Police K-9 Is Racist

There are very few professions that require couples to visit the 'if I die' conversation and law enforcement certainly tops the list.

I can remember an eye-awakening conversation that my Detective husband and I had about his patrol horse. He told me that regardless of how much we love Buttercups, the reality is that she is his partner. He told me that if ever there came a time when he was forced to choose his life over hers, it was her duty to protect and shield him.

Many officers have partners with far more hair than just the stereotypical copstache...I am referring to Police K-9's, of course.

Shockingly, there is a push to dramatically reduce the use of K-9's in police work because some are citing that they are racist.

Before we get into the ignorant argument from those who probably don't even know that dogs have a limited capacity to see color at all due to their dichromatic vision, we must first understand the history of K9's to begin with.



The History of Police Dogs

During the killing spree of Jack the Ripper in 1888, bloodhound dogs were used to aid in the search and English police were permitted to bring their personal dogs to patrol with them at night.

Chief Van Wesemael was the Ghent-Belgium Police Chief from 1888-1915, and he was facing the same problems that many U.S. police departments are facing today: the crime is too high and the staffing numbers are too low.

In his book *War, Police and Watch Dogs*, Lt. Col. Edwin H. Richardson discusses a letter that was written to the mayor during this time, outlining the Chief's request for what would now be known as K-9 service dogs. Wesemael's argument of the cost efficiency by using dogs versus hiring more officers was compelling and his request was granted.

For over 100 years, the training for police K-9's has advanced. The use of K-9's has expanded to duties such as drug and explosive searches, identifying crime scene evidence, protecting their handlers/victims and chasing the bad guy when they run.

The Current Fight to Ban Police K-9's

In a state that only seems to have good weather going for it (I can say that because I live here), California has introduced a bill to ban using K-9's for arrests, overcoming resistance, crowd control and any form of biting. Why, you might ask?

In the proposal of AB 742 it is stated that police K-9's are '*dehumanizing, cruel abuse of Black Americans and people of color in this country.*' The assembly bill continues to allege that the fault of community distrust with law enforcement is due to the use of K-9's and their targeting of people of color.

Additionally, this bill indicates that '*Black people are more than two times more likely than any other group to be subjected to this use of force.*'

The problem here is that there is not evidence as to where this statistic came from. For the sake of argument, let's pretend this to be the case. What they fail to mention here is the per capita numbers. We must ask ourselves:

1. What are the racially segmented numbers for all crimes involving the use of K-9's?
2. What are the statistics for race in any particular region tested as a whole?
3. If the K-9 handler too is a man or woman of color, is it still 'racist'?
4. Where are the stats for safety and incident resolution when officers have used K-9's versus the documented K-9 use of force incidents?

The bill also indicates that by using police K-9's, there could be deadly consequences for bite victims. Would they rather an officer suffer the deadly consequences of a criminal who is running from them down a dark alley?

The use of police K-9's is in place now because of just about everything that is in argument of the bill. These dogs are tools that officers use as an additional non-lethal resource to help to protect the community that they serve in.

In addition, unlike a taser, gun or pepper spray, using a K-9 is one of the only 'duty belt' methods that an officer can use that can be recalled, commanded and stopped.

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Call for Service

It wouldn't be typical Ashlie fashion if I didn't leave you with an **action item**. Even if you don't live in the golden state, California has a tendency to set the narrative for the rest of the country, especially in law enforcement.

If you are an officer, express to your admin how valuable K-9's are to your department. Tell them how much safer you feel having them as an additional shield of protection. Continue to educate your community about the importance of dogs in police work and use this article to share some of this history and value of K-9's.

As a civilian, write to your local assembly offices. They were voted in to do tasks such as hear from you. Let them know what you think about this bill and how dangerous it would be to an increasingly dangerous profession.

About the Author

[Ashlie Walton](#) is a tactical living coach and the CEO of [LEO Warriors, LLC](#). She helps police, fire military and families find balance in their work and personal lives. When she isn't showing up the guys while deep sea fishing or speaking up on important political issues, she is also the host of the [Tactical Living Podcast](#) and the Admin for the [Police, Fire, Military and Families Facebook Group](#).



These are Your Stories - Thanks For Sharing!

17

After finishing roll call, on the midnight shift, she started to drive down the road from the precinct on a weekend night.

Out of the corner of her eye, she sees a man running through a parking lot butt-a\$\$ naked.

Turning on her blue lights stuns the naked man as he gazes into them like a deer in headlights. "Hey, dude, what are doing," she asks the man.

"I'm just walking," he responds. The obvious follow up question was "Where are your clothes?" He was totally unaware that he was naked.

While a number of citizens now looking on at this man in "All of his glory," she handcuffs the man, puts him in the backseat of the patrol car and then attempts to locate the man's clothing.

Unable to locate any of the man's clothing, he got to take the ride baring it all in his birthday suit.



True Story!

[Thanks Lyndsey Perry, Episode 19](#)

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18

Picture it, the coastal southeast, it's summertime at 0200hrs, two city cops driving on the outskirts of town and they roll up on a DNR truck with its blue lights on a country back road.

[My partner and I] get out to look and there was this 11 foot alligator just sitting in the road. The DNR guys 'we' gotta get him out of the road. "I'm not trained for this, what is this we stuff. [My partner and I] are here to help, but we are going to help from back here" says John.

So the DNR guy grabs a tow strap with a huge buckle on the end of it and starts swinging it around like a lasso. He then whacks the gator in the butt. The gator's tail whips around and hits the DNR officer in the calf, but he doesn't go down. "He dances around a little and giggles."

"I was about to scream, but you giggled. You've done this before." The gator grunts at the DNR guy like 'fine' and after a few more whacks on the butt, the gator walks off the road.

True Story!

[Thanks John Stamp, Episode 25](#)



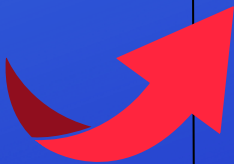
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Dear Readers,

We at Roll Call Madness, a K&T Magazine, are always on the lookout for entertaining and humorous stories to share with our readers. As the editor of this magazine, I am delighted to invite you all to participate in our upcoming issues by submitting your own funny stories.

Whether you have a hilarious anecdote about your experiences with the law or a joke that you think would make our readers laugh out loud, we want to hear from you. Your submissions can range from the absurd to the ridiculous, as long as they are appropriate for publication.

If your story is selected to be featured in our magazine, you will receive a promotional gift in the mail as a token of our appreciation. This is our way of thanking you for sharing your humorous experiences with us and our readers.

We encourage all of our readers to submit their stories, no matter how small or insignificant they may seem. Our magazine is all about bringing a smile to the faces of our readers and reminding them that even the police can have a good laugh every now and then.

To submit your story, simply email it to info@knockandtalk.com. Be sure to include your name and contact information so that we can get in touch with you if your story is selected for publication.

Thank you for your continued support of Roll Call Madness, and we look forward to hearing from you soon!

Sincerely,
Patrick Faulkner



Editor, K&T Mag - Roll Call Madness





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A Minute with Sergeant Morris.

Current Events: Memphis Response – In less than two months, Memphis Police have reached the news on two different ends of the spectrum. On one end, disgrace and embarrassment. On the other end, heroes. Are you mentally trained to do what is necessary for the sake of others?

Roll Call Training: Are you still using your W.I.G.? No, not a hairpiece. Your 'What-If Game.' We have all heard the 'departmental dinosaurs' tell us time and time again that complacency will kill you.

For most of us, we have brushed that advice off, like the dander that lands on our uniforms. Unfortunately, the bulletproof youngster often doesn't take advantage of the wisdom of our seasoned co-workers.

The What-If Game requires no additional players and no small pieces that would inevitably fall into the abyss between the driver's seat and the center console. The good news for all you sore losers - in the What-If Game, you always win!

In all seriousness, we should be going over, in our heads, the next move we are going to take. "What If I pull up here; will I have enough cover should someone choose to attack?" "What if I approach this way; will I have a better vantage point?" Even those seemingly innocent tire changes... Any situation can be staged so as to lure an unsuspecting officer into the fight of our life.

Thought for the "weak": Those who lift weights do so to get stronger, get in shape, and for our overall physical health. When going for that heavy max, we ask for a spotter to help in case the weight gets too heavy. Do we do the same in our mental conditioning? When the weight of life gets too heavy to hold, why don't we ask for a spotter? We want to get stronger, we want to get better, yet time and time again we cripple ourselves because we don't ask for a mental spotter; someone who helps us through those mentally heavy days, weeks, etc.

It's time to take down the "mentally tough" persona and progress into a new era in which we take better care of ourselves and others, both physically and mentally.

Sgt. J. Morris

That concludes this Roll Call Madness.

You are Dismissed.

**Get to your assignments and
stay safe out there.**



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