



## LAW ENFORCEMENT NEWSLETTER

*To Serve & Protect*

**May 2022**

### **Line of Duty Death: Knox County Deputy**



*Knox County Sheriff David Clague announced the devastating news on April 30th, 2022 that Deputy Nicholas D. Weist was killed in the line of duty. Please read below for official Press Release:*

"On April 29, 2022 at approx. 8:00 AM, Galesburg Police Department responded to a 911 call of a suspect with a gun at the Circle K Gas Station on E. Main St., Galesburg, Illinois. Officers were able to locate the suspect vehicle and attempted to make a traffic stop. The suspect vehicle continued traveling north on US Highway 150.

Knox County Deputy began setting up spike strips at the intersection of the US Highway 150 at 150 Avenue, in Henry County Illinois when he was struck by the suspect vehicle. Life saving measure were taken by Deputies and Officer and the Deputy died at the scene. The victim Deputy is Nicholas D. Weist, DOB 074/29/1987. Deputy Weist began his career with the Knox County Sheriff's Department on May 22, 20218 as a road deputy. Our thoughts and prayers go out to Deputy Weist's family."

According to a news release by ISP, on the afternoon of April 29, 2022, the Henry County State's Attorney approved the following charges for named offender Daylon K. Richardson: two counts Murder (Class M Felony), Unlawful Possession of Weapon by Felon (Class 2 Felony), and Aggravated Fleeing and Eluding (Class 4 Felony). Richardson is being held at the Henry County Jail with no bond.

The Illinois Sheriffs' Association grieves the loss of Deputy Weist. Our thoughts and prayers go out to the Weist family, Knox County Sheriff's Office, and everyone affected by the murder of one of our own.

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### **Behind the Badge: Sheriff Dwight Baird**

*Kendall County*



# MEET SHERIFF DWIGHT BAIRD

*Kendall* COUNTY



[Click the above image to view the video](#)

## National Police Week

By JACQUELINE M. LACY, ERIC WEIS, NICHOLE KRONCKE and THOMAS A. HAINE

As chief legal officers, we have a sworn duty to protect the people of our counties. However, that promise has become increasingly more difficult to uphold because of Illinois legislation that was signed into law last year. Since the passage of the erroneously named SAFE-T Act, communities across our state have seen record spikes in crime, including rampant carjackings, indiscriminate shootings and homicides. The proposals set forth in House Bill 3653 pose a serious threat to public safety — specifically, to victims and witnesses of violent crimes in our community.



This legislation, at nearly 800 pages, was poorly drafted, passed in the middle of the night with little to no public debate or review, and contained various reactionary requirements inconsistent with long-standing and sound jurisprudence of our country and state.

While the state legislature has since made a handful of changes to the SAFE-T Act, there are still many provisions in the sweeping new law that are not workable and/or create public safety concerns. For example, the law proposes that all defendants charged with criminal acts should be released from custody without posting monetary bail. This abolition of cash bail is set to go into effect Jan. 1, 2023, which will cause major public safety issues. For instance, violent offenders who are released on electronic monitoring and choose to violate the terms of their release have to be in violation for 48 hours before law enforcement can do anything about it.

Furthermore, this denies crime victims their constitutional rights. Article 1, Section 8.1 of the Illinois Constitution, codified in the Rights of Crime Victims and Witnesses Act, mandates that crime victims shall have the right to have their safety and that of their families considered in denying or fixing the amount of bail, determining whether to release the defendant and setting conditions of release after arrest and conviction. Eliminating bail clearly contradicts previously established and superior law, places crime victims at a greater risk to be re-victimized, and unnecessarily subjects witnesses to threats and intimidation.

In addition, the law severely weakens the habitual-crime statutes and “three strikes” sentencing laws. This makes it significantly harder for our criminal justice system to get repeat violent offenders off the streets and behind bars. We can’t expect to have any success in keeping our communities safe if we continue releasing the very people who are most likely to commit violent crimes. These statutes were designed for this very purpose: to empower law enforcement and prosecutors to keep violent criminals off the streets.

Most egregiously, however, is that this law substantially strips the people of this state of the ability to

charge an individual with what is commonly referred to as “felony murder.” This is a crime in which an individual commits or attempts to commit a forcible felony that results in someone’s death. Weakening this long-standing provision simply is inconsistent with the ends of justice.

In short, this poorly drafted law, containing ill-conceived directives, would negatively affect the integrity of every investigation, prosecution and the safety of every citizen of our community. We must stand with the men and women of law enforcement who consistently stand up for us, and we must not allow this law to stand as passed.

We must continue to work to get rid of the dangerous provisions of the SAFE-T Act that hamper the ability of law enforcement to pursue and arrest offenders. Policymakers need to own up to and address the bail reform and electronic monitoring changes that we have already seen result in tragic consequences where similar provisions have been in effect. Those who originally voted for this bill are now realizing that they may have gone too far when they see more and more citizens from across the state becoming victims of violent crimes, allegedly committed by defendants released without bail pending felony prosecution.

The spring legislative session is scheduled to end in just a couple of weeks, leaving little time for substantive action to address these issues. We need our lawmakers to step up now, and we need to make sure that they hear from the people who work every day to protect their communities.

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**Spread the word on Social Media!**



Provided by the Illinois Sheriffs' Association

# National Police Week

## May 11 - 16, 2022

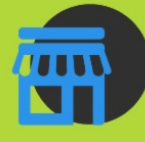
**Respect. Honor. Remember.**



### What is Police Week?

National Police Week occurs every May and is a collaborative effort of many organizations dedicated to honoring America's law enforcement community.

The ISA participates in Police Week by attending Illinois Police Memorial Ceremony and honoring law enforcement officers who have given their lives in the performance of their duty.



### How Can I Get Involved as a Business?

Set up a window display or hang a thin blue line flag to show your support of local Law Enforcement. Be one of the first 50 businesses to sign up to show support for Illinois Law Enforcement during Police Week & receive the above "We Stand with Illinois Law Enforcement" sticker from the ISA for free!

[www.ilsheriff.org/signup](http://www.ilsheriff.org/signup)



### How Can I Get Involved as an Individual/Family?

Buy blue lightbulbs for your porch lights during Police Week, put up a sign in your front yard or purchase an ISA Solidarity Kit and hand out "Thank you Officer" cards to local police!

[www.ilsheriff.org/solidarity-package](http://www.ilsheriff.org/solidarity-package)



### Why is Police Week Important?

2021 was a devastating year for law enforcement deaths in Illinois.

Many officers are growing tired and weary, others are leaving the professional all together or accepting positions in neighboring states. Let's show local police they are appreciated & supported as they work to protect us each and every day.



### Police Week Events

To view a National Police Week Event near you, visit: [policeweek.org](http://policeweek.org) & [illinoispolice memorial.org](http://illinoispolice memorial.org)

### The Police Officers Memorial 2022 Ceremony

will be held on Thursday, May 5th. Officers killed in the line of duty during the calendar year's 2021 will be honored. The public is welcome to join us at 11:00 am at the Illinois Police Officers Memorial Site, West lawn, Illinois State Capitol, 301 S 2nd St, Springfield, IL 62703





## Learning to not 'sweat the small stuff' while on duty

*Tips for managing small-scale events that can derail your shift and well-being*

By Tony Bertram, LCSW, CADAC, CODP

One night a shift supervisor asked me how they were expected to cope with stress when they continued to be exposed to the same triggering events each day.



We snap at our coworkers, family, kids, friends and strangers in the community. Many can relate to this behavior; and day after day, month after month, we tell ourselves we are entitled to the behavior and that others should understand.

*"I'm normally not annoyed or quickly agitated when little things go wrong, but I just snap at the smallest things, for years now."*

When a large-scale stressful event happens to us in law enforcement, we activate our training and focus on our mission with precision where the decisions we make at that scene appear instinctual. However, when small-scale events occur hour after hour they accumulate like gravel in our shoes. Like wood splinters in our palms. And like that dull headache that doesn't go away no matter how many pills you take.

*"My spouse once said to me, 'When the neighbor was having a heart attack and you ran to their aid, gave CPR and saved his life, you acted as if nothing happened. But when I asked you to bring up the laundry, it was like I asked you to donate a kidney.'"*

We frequently base our small-scale event responses on prior knowledge of similar events. We walk into them with a biased perception, we minimize nearly everything, and we use maladaptive thinking (thoughts or beliefs that are not rational or are biased and inaccurate) that overlaps with our personal lives and can lead to drinking more, arguing more and listening less to the ones who love us.

*"My shift is like a long slow grind, everyone and everything annoys me."*

Is it possible that the slow, regular and monotonous accumulation of small-scale events creates an absence of boundaries, dulls emotional control and erodes a healthy sense of agency? Is it also possible that this repeated exposure spills over into our personal lives?

So how do we address the accumulation of small-scale stressful events that make up the majority of our shift and approach them with the same unconditional commitment, devotion and motivation as large-scale events? While some things may be outside our control, there are always things we can do to adapt and more appropriately and effectively respond to a situation.

### **FOCUS ON THE ONLY CONTROL YOU HAVE: YOURSELF**

We can start with ourselves. Our shifts are only as good as what we bring to it. If we bring baggage from the previous shift or an argument from home, the shift has already started on a negative footing.

We remedy this by doing an "inventory." In the clinical world, therapists ask their clients to give an inventory of how they feel about events that took place. An inventory should include "feeling words" to

describe what happened the previous day.

The best time for an inventory is with a partner and before your next shift. If no partner is available, record your thoughts using a voice memo app on your phone and play it back later.

### **TAKE ON A SPECIFIC ROLE**

We can establish roles. At the start of your shift, you and your partner (if you run two-person squads) assign roles. If you run single-person squads, simply match up with an officer in roll call or another area car that you work closely with.

One officer takes the role of the “up” person and the other is the “down” person. The up person makes positive statements and has optimistic speech throughout the shift. The down person stays in neutral gear, cautiously approaches topics of conversation and even excludes themselves at times. The purpose of this is to introduce balance.

*"Balance promotes equality, reason and rhythm, which are three things that are scarce on your shift."*

Additionally, each officer has the chance to “be.” To be in the moment, be nonjudgmental, be accepting and be self-forgiving by allowing themselves to be up or to be down. You may have noticed in life that when you put two up people together or two down people together decision-making becomes sluggish, and problem-solving is more difficult. And both officers experience animosity and frustration that is usually then projected at the public and each other.

*"My partner and I have fun with the up and down thing because it drops expectations between the two of us when we allow each other to 'be.'"*

### **TACKLE UNREALISTIC, ILLOGICAL THINKING**

We can learn to identify our maladaptive thinking that includes but is not limited to a sense of entitlement, closed thinking (the idea that there is only one way to do things), unrealistic expectations, cynicism and specialness.

The reason why these types of thinking can and do exacerbate the small-scale events during your shift is due to a lack of awareness that we are using them when interacting with others. A sense of entitlement and specialness prevent us from exercising humility in front of others. Unrealistic expectations and cynicism allow for a wedge to be driven between you and your coworkers, your spouse, your family, your kids and your community.

They keep you captive and block you from the benefit of critique and feedback from others about your performance. Your career is not about perfection, it's about perseverance. So rather than allowing cynicism to enter your decision-making (a common and daily process), consider a path of consistency when your internal reference of integrity is challenged during small-scale events.

### **EMBRACE BEING MINDFUL**

We can practice mindfulness as another remedy for the small-scale events that accumulate in our minds. When we lack mindfulness, we lose insight, become avoidant, carry muscle tension and miss details needed for making effective decisions. Small-scale traumatic experiences also tend to stay at the forefront of our thinking. This process spills over into the next shift and, eventually, into our personal lives.

*"Whenever I feel myself minimizing and dismissing someone at a call, I tell myself to go back to the basics."*

Mindfulness is the concept of “being.” If we are not “being in the moment,” then we are not grounded. Grounding is a very effective technique that can be used to hit the reset button when you are listening to the 12th or 13th call for service that all seem to blend together. Grounding is a bilateral movement that starts fast and ends slow (slowing the brain down). Some officers tap their index fingers on the steering wheel or tap their thumbs on the top center of their duty belts.

### **PRACTICE ACCEPTANCE AND CURIOSITY**

We can also disrupt the accumulation of small-scale events with the process of acceptance. Learning to tolerate anything uncertain is stressful and challenging. Accepting things begins with curiosity. Your shift has the capacity to be smooth, steady and uninterrupted by preoccupations. Maintaining curiosity keeps us from judging – judging people in the community, judging our coworkers and judging ourselves. Be curious about why people do what they do, rather than judging them for it.

### **LIVE ALTRUISTICALLY**

This will allow you to drop the expectation that people owe you gratitude when you do something good, it is the antidote for complacency, and it lessens the tremendous burden of the proud and honorable work that you do.



MEET/RUN WITH  
ZECHARIAH CARTLEDGE  
FROM  
RUNNING 4 HEROES inc.,  
IN HONOR OF OUR HERO!

JUNE 25, 2022  
Lakeland Park,  
Canton IL  
12-9

Run starts at 3:11 p.m.  
In Honor Of  
DEPUTY TROY P. CHISUM  
E.O.W. 6-25-19 at 3:11 p.m.



★ Keeping the Memory of Fallen Heroes Alive,  
1 mile at a time.

## The Future of Policing

*A Police1 Podcast Episode*

*(Click photo to listen to Podcast)*

We are at a crossroads in policing with so many





issues unfolding. What are the long-term effects on law enforcement of defunding, COVID-19, the recruitment crisis and public perception? What about AI? Technology? Less lethal weapons? How do all these things impact officer safety and morale?

Wouldn't it be great to get a glimpse into the future to give assurance to our veteran officers and their families to stay the course and to let new candidates know policing is still a noble

profession worth entering?

This episode's guest on Policing Matters is Scott A. Cunningham, a 38-year police professional with 12 years as a chief of police. He holds a Ph.D. in Adult Education and Organizational Management; teaches police officers, students, citizens and communities on numerous topics; and is a team leader for CALEA. Scott recently authored, "The Future of Policing: 200 Recommendations to Enhance Policing and Community Safety," and shares his top recommendations during a conversation with podcast host Jim Dudley.

Article [HERE](#)

THANK YOU

*Illinois Officers*

