

# Personaldefenseblog

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Cortland, NY, 13045

Phone: 16075434247

Overview I'm a retired police officer. I also served as a medic and was a volunteer firefighter. The picture of the grey haired and bearded ol poop is me. I tried to put up a younger pic of me but it wouldn't upload. Anyway, between my career and what I have researched since then, my true passion is now to help people to recognize the danger we all face in our everyday lives. Especially the danger to children and young women. I am now retired from everything. I moved to Maine and

I devote a good part

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