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# Feel the burn: No magic bullet for fat loss

■ BY MATT BRZYCKI

Scientists are constantly searching for the magic bullet that will enable someone to “burn” fat. Naturally, the discovery of such a food or substance would be a boon for those who are looking for a “quick fix.” But is there anything out there that can have a direct effect on fat?

In their never-ending quest to find the magic bullet, scientists have investigated all sorts of foods and substances. Indeed, a wildly diverse menu of foods and substances has been touted as being able to “burn” fat. Let’s take a look at a few.

As odd as it may sound, scientists have examined brown seaweed as a potential fat-loss agent. Brown seaweed – which is used to flavor many Asian soups and salads – contains a compound known as “fucoxanthin.” Besides giving brown seaweed its distinctive color, fucoxanthin is thought to “burn” fat.



**Matt Brzycki**

An unpublished study that involved more than 200 subjects found that the consumption of brown seaweed promotes weight loss. According to the researchers, subjects who were fed brown seaweed experienced a 5-10 percent reduction in weight. Now for the bad news: The “subjects” in the study were rats and mice. And it’s not known whether the response in humans would be the same as that of rodents.

In animals studies, conjugated linoleic acid (CLA) has been shown to reduce fat mass and increase lean-body mass. But studies involving humans have found mixed results. Some have shown that CLA decreases fat mass and/or increases lean-body mass while others have shown no effect. Many of the studies that found positive effects had small numbers of subjects and were of short duration which makes it difficult to draw any meaningful conclusions.

In one long-term study, 180 obese subjects were randomly assigned to three groups: Two groups received different types of CLA and another group received a placebo. In comparison to the placebo group, the groups that were given CLA significantly decreased fat mass and increased lean-body mass. One CLA group lost 3.74 pounds of fat and gained 1.54 pounds of lean-body mass; the other lost 5.28 pounds of fat and gained 1.32 pounds of lean-body mass. So the results were interesting but not exactly breath-taking, especially considering that this was after taking CLA for 12 months.

Also worth mentioning is that all three groups reduced their caloric intake over the course of the study. By the 12th month of the study, the CLA groups were consuming at least 105 calories per day less than the placebo group. Do the math and you’ll see that, over the course of a year, a deficit of 105 calories per day adds up to roughly 11 pounds. This, of course,

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## Torch Run places in fundraising

Kicking off its 25th anniversary year, the Law Enforcement Torch Run for Special Olympics New Jersey has been named second highest grossing fund raising program of its kind in the world. The dedicated group of Law Enforcement volunteers raised \$2,043,162. The announcement was made at the Law Enforcement International Conference, held in Oklahoma City, Oklahoma from October 31 - November 3.

In addition to being lauded for its fundraising efforts, the Law Enforcement community was recognized for its ongoing campaign to raise public awareness and support for Special Olympics programs.

The Port Authority Police Department has been the coordinating agency for the Law Enforcement Torch Run in New Jersey since its inception in 1983. Accepting the award on behalf of the volunteer committee of 46 New Jersey Law Enforcement officers was LETR State Committee Director, Deputy Chief of Police Port Authority NY/NJ Robert Belfiore.

“We are sincerely grateful to the Superintendent of the Port Authority Police Department, Samuel J. Plumeri, Jr. for the Port Authority’s support of the 16,000 Special Olympics New Jersey athletes,” Belfiore said.

“The Law Enforcement community in New Jersey is a dedicated and hard-working group of volunteers who commit themselves to benefit the athletes of Special Olympics New Jersey. With the success of our fundraising program comes many hours of volunteered time. We are proud to receive the second place title and hope to continue our fundraising efforts to improve and grow athlete programs,” Belfiore said.

“The commitment of the members of the Law Enforcement Torch Run to the athletes of Special Olympics New Jersey is equal to none. These extraordinary supporters work tirelessly year-round to enrich the lives of Special Olympics athletes. We congratulate the Law Enforcement Torch Run for Special Olympics New

Jersey on earning this global distinction; and we gratefully acknowledge and congratulate them on reaching this 25th anniversary milestone of service to Special Olympics New Jersey,” according to Marc S. Edenzon, President, Special Olympics New Jersey.



The Law Enforcement Torch Run for Special Olympics New Jersey hosts an ever growing menu of fundraising events to benefit Special Olympics New Jersey. The following 2008 LETR initiatives include:

### Adopt-A-Cop

January 1 - June 6 Statewide

### Polar Bear Plunge Wildwood

January 19 The Wildwoods

### Polar Bear Plunge Seaside Heights

February 23 Seaside Heights

### Classic Car + Motorcycle Show

June TBD Lyndhurst

### Lincoln Tunnel Challenge 5K

April 20 Weehawken

### Law Enforcement Torch Run

June 6 Statewide

# GPS tracking may prevent sex crimes

■ BY KAREN DEMASTERS

The State Parole Board's program to monitor the most serious sex offenders with GPS tracking apparently has reduced the rate of new crimes committed by the offenders, according to preliminary data compiled in a report sent to Gov. Jon S. Corzine.

A pilot program, started in 2005, was made permanent last summer. Of the 225 sex offenders who were found guilty of the most serious crimes or who were deemed the most likely to repeat offenses, only one has been implicated in a new sex crime after being released, the parole board said.

New Jersey is one of about a dozen states that use GPS monitoring technology to track the whereabouts of sex

offenders. Some of those states also use the technology for other serious offenders, as well as sex offenders, said Neal Buccino, parole board spokesman.

The U.S. Department of Justice has found that 5.3 percent of sex offenders are arrested for new sex crimes within three years of their release and almost half of those crimes occurred in the first year after release. Sex crime recidivism rates may, in fact, be higher than that because of the under-reporting of sex crimes and extremely dangerous sex offenders may have a recidivism rate that reaches up to 50 percent to 80 percent, according to the Department of Justice.

The GPS monitoring allows parole officers to know where offenders are, if they have violated provisions of their parole or of Megan's law, and if they are in

areas frequented by their former victims.

"It (also) reminds these sex offenders their movements are watched and recorded," said Parole Board Chairman Peter J. Barnes Jr. "The data we collect is an invaluable resource for investigations of new crimes."

The information has allowed parole board officers to intercept new violations, and has allowed officers to discover and take action when sex offenders have tried to tamper with the equipment or are refusing to carry it. It encourages sex offenders to accept responsibility for their actions, noted the report.

"Our GPS monitoring has become a vital component of the State Parole Board's containment approach to sex offender supervision," Barnes said. ■

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actually in the dwelling or what response might be generated by knocking on the door and announcing their presence. They did not know which apartment contained the cell phone until they found themselves in the confined space of the small second-floor hallway. There is no evidence that they deliberately created a dangerous condition for themselves by entering the building, knocking on the door, and announcing their presence.

In our view, the tracking of a cell phone reported stolen is a reasonable investigative endeavor. The danger occurred suddenly and spontaneously when a male occupant responded to a young lady's yelling by saying "shut up, shut-up 5-0." It did not result from the officers' mere presence in the building. It became dangerous for the first time when the suspects became aware of the police presence. It was only then that urgent circumstances arose, creating the need for the officers to act to avoid further potential danger to themselves or the public.

Accordingly, the court concluded that "the particular circumstances here were sufficiently exigent to justify the warrantless entry into the apartment. The officers had probable cause to believe that the delay involved in procuring a warrant might gravely endanger themselves or other persons. The seriousness of the offenses, along with the close proximity in time (approximately thirty hours), and the real possibility that the suspects were armed, combined to establish the necessary exigent circumstances." ■

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could account for much of the difference in the results.

For many years, a popular perception that has circulated in the athletic community – especially among wrestlers – is that grapefruit and grapefruit juice have a special enzyme that can "burn" fat. In fact, there's even a diet that focuses on the consumption of grapefruit.

Like all fruits and vegetables, grapefruit is a highly nutritious food. However, there's nothing in grapefruit – or any other citrus fruit, for that matter – that allows it to "burn" fat. Its role as a fat-burner is just another urban legend.

Additional foods and substances that have been believed to "burn" fat include apples, capsaicin, celery, chitosan, chromium, citrus aurantium ("bitter orange"), dandelion, evening primrose oil, fish oil, garlic, green tea, guarana, kiwi, L-carnitine, lemons, oranges, pyruvate, sauerkraut, spinach, spirulina and vinegar. The list is practically endless but you get the idea.

Now, think about this for a minute: If any of these or other foods and substances really did "burn" fat as purported, it would represent one of the most significant and magnificent discoveries of the past few generations and be splattered all over the news so that everyone on the planet would be aware of its existence and effectiveness. Clearly, there'd be no escaping the enormous attention that such a food or substance would get. But, of course, this hasn't happened. The reason is because magic bullets that supposedly "burn" fat are nothing more than blank ammo.

At the present time, there's no known food or substance that can "burn" fat. If you want to "burn" fat, the only surefire way is to engage in some form of physical training. ■

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