

Me and the Boys

The March 12, 2008 program of Conversations with Cops at The Watering Hole features an interview with Sergeant Bryan Heger (ret.), the author of Me and the Boys: A Man's Guide to Single Parenthood.

March 7, 2008 (FPRC) -- The March 12, 2008 program of Conversations with Cops at The Watering Hole features an interview with Sergeant Bryan Heger (ret.), the author of Me and the Boys: A Man's Guide to Single Parenthood.

Program Date: March 12, 2008

Program Time: 2100 hours, Pacific

Topic: Author Interview

Guests: Bryan Heger

Listen Live: <http://www.blogtalkradio.com/LawEnforcement>

About the Guest

During Bryan Heger's 26 year law enforcement career with the Anne Arundel County Police Department (Maryland), he rose to the rank of sergeant. After being medically retired, Bryan Heger authored Me and the Boys: A Man's Guide to Single Parenthood.

According to the description of Me and the Boys: A Man's Guide to Single Parenthood, "Imagine yourself a twenty-six veteran police officer with a file full of commendations. Fully half your career was as a sergeant responsible for a number of young officers under your command. You put in your time on the street. You paid your dues. You're still young and good at your job, a nice home, two great young boys and a wife...and then... Injuries pile up. Back surgery sidelines you – permanently. The department can't use you anymore and you're out on medical retirement while in your prime. The wife leaves you, the boys, the state. This is not the script for some tear streaked television show full of angst. It's the story of Sergeant. Bryan Heger who went from street cop to Mr. Mom with determination, compassion for his kids, and fortunately a sense of humor."

About the Watering Hole

The Watering Hole is police slang for a location cops go off-duty to blow off steam and talk about work and life. Sometimes funny; sometimes serious; but, always interesting.

About the Host

Lieutenant Raymond E. Foster was a sworn member of the Los Angeles Police Department for 24 years. He retired in 2003 at the rank of Lieutenant. He holds a bachelor's from the Union Institute and University in Criminal Justice Management and a Master's Degree in Public Financial Management from California State University, Fullerton; and, has completed his doctoral course work. Raymond has been a part-time lecturer at California State University, Fullerton and Fresno; and is currently a faculty advisor and lecturer with the Union Institute and University. He has experience teaching upper division courses in law enforcement, public policy, technology and leadership. Raymond is an experienced author who has published numerous articles in a wide range of venues including magazines such as Government Technology, Mobile Government, Airborne Law Enforcement Magazine, and Police One. He has appeared on the History Channel and radio programs in the United States and Europe as subject matter expert in technological

applications in law enforcement.

Listen, call, join us at the Watering Hole.

<http://www.blogtalkradio.com/LawEnforcement>

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