



January 3, 2020

To Whom It May Concern,

My name is Charles Urgo and I am a retired Lieutenant of Police, having worked over 32 years in the Chicago Police Department. During my career I served in a number of capacities and a variety of neighborhoods in the city. Law Enforcement has become more stressful since I began my years of service. There is less respect, more media scrutiny and political pressure affecting police officers than ever before. Much of what cops see on a regular basis takes an emotional toll on them that affects their service and impacts their relationships. The number of police suicides is a testament to that.

Having a place like Hero's Rest, to get away as an individual or as a family, would be a great way to allow police officers (and families) to decompress, refocus and reconnect. Being able to escape the pressures of the job and experience nature would help them recharge physically and spiritually.

I would certainly recommend Hero's Rest as a safe and supportive place for first responders and their families.

Lt. Charles Urgo (Retired)
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