



DPS Chaparral

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July 2006



100 Club will provide statewide assistance to families of State of Texas law officers

The 100 Club, based in Houston, has announced that it will now also provide line-of-duty death benefits to families of state law enforcement officers across the state, not just in the 18 counties around Houston.

The families of all Texas Department of Public Safety officers, Texas Parks & Wildlife Department game wardens, Texas Alcoholic Beverage Commission agents and Texas Department of Corrections personnel who are killed in the line of duty will be eligible for the benefits.

“We thank the 100 Club for its interest in providing survivor benefits to the families of state law enforcement officers killed in the line of duty,” said Col. **Thomas A. Davis Jr.** “This will certainly assist law enforcement families at an extremely difficult and stressful time.”

The 100 Club, which was founded in 1953, has provided more than \$25 million in support of municipal, county, state and federal law enforcement officers, and paid and volunteer firefighters in Austin, Brazoria, Brazos, Burleson, Chambers, Colorado, Fayette, Fort Bend, Galveston, Grimes, Harris, Liberty, Madison, Montgomery, San Jacinto, Walker, Waller and Washington counties.

One hundred percent of the donations made to the Survivors’ Fund goes to families of officers killed in the line of duty.

Donations to the survivors’ fund are being accepted online at www.the100club.org or at:

100 Club Survivor’s Fund

1233 West Loop South – Suite 1250
Houston, TX 77027

DPS online: www.txdps.state.tx.us

DPS “on the air”: 512-424-7777

Dear fellow employee,

Last month, Commercial Vehicle Enforcement troopers and inspectors participated in Roadcheck 2006, a three-nation safety program that emphasizes truck safety. During Roadcheck, DPSers stopped 6,124 commercial vehicles to inspect the trucks and the drivers. This year’s inspections found that 1,461 of the vehicles and 218 of the drivers had serious enough safety violations to be removed from service. The sheer number of commercial vehicles throughout the state makes enforcement a big job. Keep up the good work.

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As we’re headed toward the July 4 holiday, remember that we still have DPSers who are serving our country in the military. Please keep them and their families in your thoughts and prayers.

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And, while you’re traveling around the state this summer, be safe. DWI arrests and alcohol-involved crashes typically increase during the summer, so stay alert.



askthecolonel@txdps.state.tx.us

Getting started on preparing for the Physical Readiness Standard

When the 79th Legislature granted a salary increase for Schedule C employees, they also added an Appropriations Rider that called for the Department to develop physical fitness criteria that must be met by commissioned peace officers who are to receive a pay increase or promotion.

As you probably already know if you've ever tried to maintain an exercise schedule or stick to a diet, getting and staying motivated is a key factor to being successful. The following steps may help you as you try to motivate yourself to start and continue a regular exercise program with the goal of meeting the Physical Readiness Standard:

Set incremental goals. Rather than trying to immediately meet the established standard, set some goals that you can meet daily and weekly. For example, dedicate yourself to exercising four to five days per week

The Department's final Physical Readiness Standard:
1.5 mile run completed in 16 minutes and 25 seconds
300 meter run completed in 65 seconds
One-time bench press of 160 pounds or 81 percent of body weight
28 pushups in any amount of time
35 sit-ups in one minute
20-second agility run
19-inch vertical jump

for at least 30 minutes per workout.

Make an exercise schedule, and stick to it. After you've established incremental goals, decide how to add exercising to your daily schedule. Exercising gets easier if it becomes a habit—a regular part of your day. It may be helpful to prepare a written or printed weekly schedule to follow. A printed schedule helps you visually see what you need to accomplish that day, while giving you a record of what you have already accomplished.

Prepare to exercise, so you won't have an excuse to skip it. For

example, put your exercise clothes and gear into your gym bag, and put it in your car with the expectation that you will use it that day. It's much harder to skip the gym or avoid jogging when you don't have the excuse of not having workout clothes with you.

Just do it. You've set exercise goals, made a schedule and remembered to bring your workout clothes, so it's time for the rubber to meet the road. With time, you'll find that a trip to the gym or a jog will make you feel better physically and mentally. Even

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Promotional examinations announced

Competitive written examinations for the following positions will be conducted on Aug. 9 at 8 a.m. Tests will be conducted at DPS Regional offices except in Region 6 (TSTC Food Services/Culinary Arts Building Ballroom, 401 Avenue D in Waco), Region 7 (Robert E. Johnson Building, 1501 N. Congress, Austin) and Region 8 (Hidalgo County Sheriff's Office, 715 East El Cibolo Road, Edinburg). Exams are as follows:

Sergeant, Narcotics
Sergeant, Highway Patrol
Sergeant, Driver License
Sergeant, Motor Vehicle Theft

The Oral Examining Board will convene at the DPS Law Enforcement Promotional System Conference Room in Austin beginning at 8 a.m. as follows:

Sergeant, Highway Patrol: Aug. 17, 2006
Sergeant, Driver License: Aug. 22, 2006
Sergeant, Motor Vehicle Theft Service: Sept. 25, 2006
Sergeant, Narcotics Service: Sept. 27, 2006

The application form HR-106 should be submitted **directly to the Human Resources Bureau**. Applicants must also submit a copy of form HR-106 to their Service Commander through proper channels. **Only those candidates who are qualified will be able to compete in the written examinations.**

Applications should be addressed to the Human Resources Bureau, MSC 0251, Texas Department of Public Safety, Box 4087, Austin, Texas 78773, faxed to 512-424-5627, or emailed through DPS email system to "Terry Preston" and **should be received no later than 5:00 P. M. on Monday, July 31, 2006.**

**Physical Readiness,
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on the days that you feel tired, a little exercise can jump-start your day. If you miss a workout, though, don't despair. Pick up where you left off, and don't let it be an excuse to quit your schedule.

Consider getting an exercise partner. No matter how motivated you are and how much you've prepared, sticking to the daily exercise schedule can be challenging. How can you overcome the urge to quit your healthy ways? Find someone with whom you can exercise. On the days when you feel less than motivated, your exercise partner can reinforce your motivation to stay in shape.

Avoid injury. Injury usually occurs when you try to do too much with too little preparation. Start out slow, with a shorter workout session, lighter weights or a shorter jog time. Don't expect that you'll be able to accomplish everything during your first workout session. In fact, it may take a couple of weeks before you see improvement. Also, remember to warm up before each workout session, and stretch your muscles afterwards.

With an established weekly exercise schedule and an exercise partner, you can easily meet the Department's physical readiness requirements. If you discover that meeting the requirements isn't exactly easy, don't be discouraged. Not everyone will be successful at first, but with a slow and steady increase in exercise, you can meet the Physical Readiness Standard.

Short Shots

Region 6 retirees meeting

The Region 6 Retirees Association will hold its annual meeting Saturday, Sept. 16th in Knox Hall at the Texas Ranger Museum and Hall of Fame on IH 35 in Waco. Visiting will begin at 10 a.m. Lunch will be served at noon. The meal costs \$10. All DPS retirees are invited to attend. For reservations or more information, contact retired Major **Danny Smith** at 254-666-7084 or **Judy Faulkner** at 254-799-8963.

Speir Scholarship deadline

Wilson E. Speir Scholarship applications will be accepted through Aug. 15. Students must be classified as full-time criminal justice majors and enrolled in Texas universities. Two scholarships will be awarded for \$500 per semester for up to two semesters.

Applicants should submit resumes and transcripts of completed college work to: Director's Office, c/o DPS, P.O. Box 4087, Austin TX 78773-0110.

Feeling conflicted? Get some help!

By **Kevin Casey**

The Employee Relations Office (ERO) has numerous resources to assist employees and management resolve conflict in the workplace. In addition to training and conflict coaching, two of the most effective programs are mediation and informal facilitated conflict resolution meetings (facilitations).

Both processes use neutral third-parties to assist those in a dispute work through their differences and improve their working relationship. These procedures can be requested by either employees or management. They can include as few as two people and as many as an entire work group.

For more information on facilitation or mediation, visit us online at <http://dpsnet/Divisions/DirectorStaff/>

ERO/ or call us at 512-424-5076.

Congratulations to the members of our Interest-based problem solving team of trainers recently trained as mediators: **Sharlotte Castro**, THP; **Barry Caver**, Rangers; **John Cottle**, Narcotics; **Sonia Garcia**, Narcotics; **Norma Garza-Jennings**, DLD; **Jason Hester**, THP; **Jose Ortiz**, Narcotics; **Bryan Rippee**, THP; **Jude Schexnyder**, OAI; **Ron Snow**, OAI; **Juan Torrez**, THP; and **Jay Webster**, THP. They join our 2001 mediator team of **Dino Henderson**, Rangers; **Ron Joy**, THP; **Rhonda Lawson**, THP; **Kenny Ray**, Rangers; and **Wil Young**, Crime Lab.

Feel free to ask any of the team members about the Department's conflict resolution programs.

Facilitation	Mediation
Very informal	Slightly more formal
Not confidential	Confidential
Conducted by trained neutral DPS facilitators	Conducted by trained neutral internal DPS or external mediators

Mile Markers

Promotions

HP

Glenn Dale Adamson, Sen. Cpl., HP Odessa to Sgt., HP Van Horn; **Michael Brian Powers**, Cpl. II, HP McAllen to Sgt., HP McAllen; **David Jack Johnson**, Cpl., CVE Edna to Sgt., CVE Waxahachie; **Gabriella R. Brown**, Oper. II, Comm. Svc. Midland to Supv., Comm. Svc. Del Rio;

DL

Richard Gregory Arnwine, Sen. Tr., DL Abilene to Sgt., DL Midland; **Jose Gabriel Zapata**, Cpl. II, CVE Brownsville to Sgt., DL Laredo.

CLE

Shannon Lee Henderson, Tr. II, HP Canyon to Sgt., Narcotics Svc. Alpine; **Johnny Earl Prince, II**, Sen. Tr., DL McAllen to Sgt., Narcotics Svc. McAllen; **Wesley Scott Doolittle**, Tr. II, MVI Houston to Sgt., Narcotics Svc. McAllen; **Oscar Holguin**, Cpl. II, HP El Paso to Sgt., Narcotics El Paso;

Ricardo Delacerda Campos, Cpl. V, HP Snyder to Sgt., Narcotics Svc. Alpine; **Kenneth Dean Caldwell**, Tr. II, HP Bastrop to Sgt., Narcotics Svc. McAllen; **Robert Brian Hopkins**, Tr. II, HP Del Rio to Sgt., Narcotics Svc. Del Rio; **David Campos**, Cpl. V, HP Conroe to Sgt., Narcotics Svc. Laredo; **Paul Fernandez Quintanilla**, Tr. II, HP Laredo to Sgt., Narcotics Svc. Laredo;

Robert Luna Garcia, Tr. III, CVE McAllen to Sgt., Narcotics Svc. McAllen; **Christopher Shane Harrison**, Tr. II, HP Nacogdoches to Sgt., Narcotics Svc. McAllen; **Cody James Klaehn**, Tr. III, HP Austin to Sgt., Narcotics Svc. Laredo; **Delmonico Augustin Palmer**, Tr. II, HP Baytown to Sgt., Narcotics Svc. McAllen; **Pamela Rochelle Hatchett**, Tr. III, HP Trophy Club to Sgt., Narcotics Svc. Laredo;

Andres Maldonado, Tr. V, CVE Raymondville to Sgt., Narcotics Svc. Laredo; **Benito Luna Gonzales**, Tr. II, HP Abernathy to Sgt., Narcotics Svc. Alpine; **Kenneth Dean Reed, Jr.**, Tr. II, HP Seminole to Sgt., Narcotics Svc. Alpine.

Retirements

Timothy Alan Baker, Sen. Tr., HP Austin, 31 yrs., 2 mos., 19 days; **Shirley Rena Timmons**, Forensic Art Spec., Rangers Austin, 25 yrs., 10 mos., 7 days; **Ann Merino Bristow**, Admin. Asst. IV, DI Austin, 20 yrs., 10 mos., 15 days; **Rosalinda G. Pierce**, Examiner, DL San Antonio, 17 yrs., 7 mos.

Deaths

Joe Edward Schiller, ret. Admin. Tech. III, Staff Support Svc. Austin (May 1973 – Dec. 1997) died May 18, 2006; **Stuart Dowell**, ret. Ranger Tyler (Nov. 1957 – March 1987) died May 17, 2006; **Raymond L. Robins**, ret. Tr., HP Mauriceville (August 1948 – Feb. 1976) died May 19, 2006;

David J. Williams, ret. Sgt., DL San Antonio (Oct. 1969 – Oct 2000) died June 10, 2006; **James Andrew Smith**, ret. Tr. IV, DL Waxahachie (Sept. 1961 – Sep. 1993) died June 12, 2006.

Trying to reason with hurricane season

The 2006 Atlantic hurricane season is has been underway since June 1.

Here are the names chosen for possible hurricanes this year:

Alberto, Beryl, Chris, Debby, Ernesto, Florence, Gordon, Helene, Isaac, Joyce, Kirk, Leslie, Michael, Nadeen, Oscar, Patty, Rafael, Sandy, Tony, Valerie and William.

If all of the names in the stan-

dard list are used, then the National Hurricane Center will use the Greek alphabet to name storms.

(Greek letters were used last year, a record-breaking year for named storms--28.)

Don't forget to prepare in advance for any possible storms. See the Governor's Division of Emergency Management website at <http://www.txdps.state.tx.us/dem/> for preparedness information.

On the mend...

Best wishes for a speedy recovery from line-of-duty injuries go to:

Tr. **Ralphell Watkins**, HP Plano, injured in a vehicle crash;

Tr. **Roger Wolsey**, HP New Caney, injured apprehending a suspect.

Tr. **Steve Stone**, HP Tyler, shot by suspects March 22.

Great news! Tr. **Michael Windham Jr.**, HP Gainesville, injured during pursuit, has returned to work.