Dear fellow employee,

As we prepare to observe another annual Memorial Service, I would ask you to please take a moment around 10 a.m. on May 15 to remember the Texas law enforcement officers who have lost their lives protecting us. I would also ask each one of you, commissioned or not, to be careful as you go about your duties. Wear your seat belts. Slow down. Be aware of what’s happening around you. The life you save could be your own.

Speaking of safety, May is Motorcycle Safety Month and Bicycle Safety Month. If you’re out riding a motorcycle or bicycle, be sure to wear a helmet. As you drive your four-wheeled vehicles, be sure to look out for bicycles and motorcycles.

The current legislative session is scheduled to conclude at the end of this month. I know that many of you have been working hard, helping legislators and their staff members get the information they need. Thank you. Keep up the good work.

Thomas A. Davis Jr.

Texas peace officers who died while performing their duties in 2007:

- Deputy Sheriff Rahamy Mitchell, Fannin County SO, died in a traffic crash Jan. 7;
- Chief Ernest V. Mendoza, Needville ISD PD, died in a traffic crash Jan. 19;
- Tr. Todd Dylan Holmes, HP Gilmer, Texas Department of Public Safety, died in a traffic crash March 14;
- Officer Andrew Esparza, Irving PD, died in a traffic crash April 13.

Texas peace officers killed feloniously in 2007:

- Senior Corporal Mark Timothy Nix, Dallas PD, was shot and killed

please see Remembers on Page 4
Any healthy exercise plan involves “working up” to the workout. Before you hit the gym, the track or the training field, make sure to properly prepare your body for each session by first briefly warming up, and then stretching.

**Warming Up**

Warming up is basically exercising at a lower intensity in order to raise the body’s temperature and get blood circulating. You may want to start with some brief joint rotations, especially if you’re experiencing stiffness in your shoulders or knees. Next spend about five minutes lightly jogging, walking or jumping rope.

**Stretching**

Stretching your muscles before exercising will reduce the risk of injury and increase your flexibility. Stretching lengthens your muscle tissues, but it takes time to do this safely.

Here are some tips to remember when stretching:

- Never stretch cold muscles. Always warm up first.
- DO NOT BOUNCE. Go into a stretch slowly until you feel a gentle pull and hold. Never stretch to the point of pain.
- Hold each stretch for 15-25 seconds, then repeat, stretching each muscle at least twice.
- Make sure to stretch all the major muscle groups, giving special attention to problem areas.

Stretching should be done before and after your workout. In fact, a thorough stretch after lifting weights or running will increase flexibility, cut down on soreness and help your body recover quicker. Post workout stretching is just as important as doing it before you exercise.

The first interns have been selected for a new program that will help the Texas Department of Public Safety retain trooper applicants until the next recruit school begins.

“In the past, we would often lose qualified recruits to other law enforcement agencies because of the wait until a recruit school begins. Now, we have the ability to employ them immediately and begin their training before the recruit school,” said Col. Thomas A. Davis Jr.

The new program will provide the intern with a broad overview of the Department. The first part of the internship program is a weeklong orientation at DPS headquarters in Austin. Interns then go to a field office for the remainder of the internship, learning more about the Texas Highway Patrol, the Driver License Division, the Criminal Law Enforcement Division and the Texas Ranger Division.

“This paid internship program will allow our recruits to learn more about DPS and its various responsibilities before they go through the 27-week recruit school in Austin,” Col. Davis said. “We are pleased that we will be able to keep these qualified recruits on board until we can place them in a class.”

Two recruits—one from Laredo and one from McAllen—have already begun internships and will be part of the recruit school scheduled to begin on Sept. 30, 2007.

Anyone interested in applying to the DPS Training Academy should contact DPS recruiters at 1-866-TXTROOP (898-7667). Additional information is accessible on the DPS Web site, www.txdps.state.tx.us, and application packets can be picked up at any DPS office.
More DPS graduates from Northwestern School

In April, 43 mid-level commissioned DPS managers completed the Northwestern University’s Center for Public Safety School of Police Staff and Command at the DPS Training Academy.

Captains and lieutenants from several services within the Department suspended their regular duties during the 10-week school.

Some of the topics studied include organizational behavior, budget preparation, project management, problem solving, ethics and the police manager, leadership, managing discipline and police traffic management.

Lt. Fernie Aguilar, Driver License El Paso
Lt. Scott Avant, Motor Vehicle Theft Laredo
Lt. Robert L. Bailey, Highway Patrol San Angelo
Lt. Greg Bedford, Driver License Garland
Lt. James Bennett, Commercial Vehicle Enforcement Corpus Christi
Lt. James Bonewitz, Narcotics New Braunfels
Lt. RenEarl Bowie, Private Security Bureau Austin
Lt. Mark Carder, Criminal Intelligence Lubbock
Lt. Justin Chrane, Highway Patrol Capitol
Capt. John Cottle, Narcotics Austin
Lt. Henry B. Davis, Narcotics Austin
Lt. John Fain, Criminal Intelligence Houston
Lt. Matt Garrison, Highway Patrol Garland
Lt. Jesus Gonzales, Criminal Intelligence Midland
Lt. Rick Gonzalez, Narcotics McAllen
Lt. Tyler Harpole, Highway Patrol Bryan
Lt. John W. Hunt, Commercial Vehicle Enforcement San Angelo

Lt. Ed Jimenez, Narcotics Harlingen
Lt. Todd Kresnik, Criminal Intelligence Garland
Lt. John LaRoque, Motor Carrier Bureau Austin
Lt. Michelle McDaniel, Highway Patrol Beaumont
Lt. David Menchaca, Criminal Intelligence McAllen
Lt. Kelly North, Narcotics Hurst
Lt. Steve Potts, Highway Patrol Mineral Wells
Lt. Rene Ramirez, Narcotics Texas City
Lt. Arnaldo Ramos, Criminal Intelligence Del Rio
Lt. Wynn Reynolds, Motor Vehicle Theft San Antonio
Lt. Bryan Rippee, Highway Patrol Midland
Lt. Adrian Rivera, Driver License McAllen
Lt. Maria Rodriquez-Solis, Commercial Vehicle Enforcement McAllen
Lt. Scott Schillingburg, Driver License Conroe
Lt. Paul Schulze, Highway Patrol Webster
Lt. Jerry Schwab, Narcotics Amarillo
Lt. Stacey Schwab, Criminal Intelligence Austin

Lt. Randy Stewart, Motor Vehicle Theft Garland
Lt. Mike Tacquard, Highway Patrol Headquarters Austin
Lt. Alan Troup, Highway Patrol Wichita Falls
Lt. Estella Valenzuela, Driver License Midland
Lt. Jose Valenzuela, Narcotics El Paso
Lt. Jaime Velasquez, Narcotics Houston
Lt. John Waits, Narcotics San Angelo
Lt. Dan Webb, Narcotics Houston
Lt. Kevin Wood, Highway Patrol Tyler
Mile Markers

On the mend...

Best wishes for a speedy recovery from line-of-duty injuries go to:
- Tr. Brian Kemp, HP Beaumont, injured arresting suspect;
- Tr. Juan Sandoval, CVE Laredo, injured during a traffic stop.

Good news! Tr. Steve Stone, HP Tyler, and Sgt. Shannon Henderson, Narcotics Alpine, have returned to work on light duty.

Texas peace officers who died while performing their duties in 2006:
- Tr. Billy Jack Zachary, HP Monahans, Texas Department of Public Safety, died after being struck by a vehicle Jan. 1;
- Tr. Matthew DeWayne Myrick, HP Hereford, Texas Department of Public Safety, died in a traffic crash Jan. 20;
- Tr. Eduardo Chavez, HP Palmview, Texas Department of Public Safety, died in a traffic crash May 2;
- Lt. James Lee Sunderland Sr., Val Verde County SO, died in a traffic crash June 30;
- Officer Dwayne Freeto, Fort Worth PD, died after being struck by a vehicle Dec. 17.

Texas peace officers killed feloniously in 2006:
- Constable Dale David Geddie, Smith County Constable’s Office, was shot and killed during a domestic disturbance June 7;
- Officer Rodney Joseph Johnson, Houston PD, was shot and killed during a traffic stop Sept. 21.

NRA honors trooper

The National Rifle Association has selected Tr. Rick Smith, HP Waxahachie, as their 2006 Law Enforcement Officer of the Year. Smith was one of several troopers who risked their lives to get three wounded Midlothian police officers to safety Aug. 20, 2006. Smith was also shot and wounded by the gunman, who eventually killed himself. Tr. Smith has since returned to duty. DPS had previously awarded Smith a Purple Heart and the prestigious Medal of Valor for his actions that day.

FBI graduate

Lt. Skylor Hearn, Texas Rangers, graduated March 16 from the FBI National Academy in Quantico, Virginia.

Deaths


Remembers, continued from Page 1

attempting to apprehend a murder suspect March 23.

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