



DPS Chaparral

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Dear fellow employee:

As I write this, approximately 1,385 of our commissioned employees have yet to meet the Physical Readiness Testing (PRT) or the Job Task Scenario (JTS) standards during this fiscal year. I am very concerned that many of you will miss out on the scheduled pay increases on September 1, or possible promotions in the future because you have not met the minimum fitness standards.

Some of you who have not yet participated in this testing may be waiting to see if changes will be made to the standards. Since the end of the Legislative session there appears to be some conflicting information going around the state regarding what action the Legislature took with regard to the PRT. I want to clear that up right now.

Here's where things stand at this point:

Commissioned personnel in Schedule C will continue to be required to complete the PRT as a condition of pay increases and promotions. This requirement has been in effect since September 1, 2006, and has not changed. To make it very clear – if you are a commissioned employee, you must meet the minimum fitness standards to receive the pay

increase that is authorized to become effective on September 1, 2009. [See SB 1, General Appropriations Act, Article V, Section 46 in the DPS portion of the Act] I know that some of you have been struggling with getting into shape so that you can meet these standards. **Please don't give up.** We want you to succeed, and we will do what we can to help you. Even if you have not met the minimum standards by September 1, keep trying, because you can receive the pay increase on whatever date you do meet them.

2. Legislation passed in the recently completed session requires DPS to implement a physical fitness program and to establish individual fitness goals specific to age and gender. I anticipate that we will have a study conducted to establish these individual fitness goals. However, this study will not be completed before Aug. 31, 2009. Please remember that individual fitness goals are not the same as minimum standards.

3. I have heard a lot of talk around the state that a last-minute statutory change altered the Department's ability to terminate an employee for failing to meet the minimum standards. I want you to know that **the statute still allows the Department to terminate employees who do not**

successfully meet the standards.

That's why it's so important for you to complete the testing. [See Government Code, §614.151(b)] As addressed in a March 13, 2009 memorandum, those who have not met the standards by August 31, 2009, will be given a six-month grace period before a decision is made about their employment status. However, **this grace period does not alter the requirement that standards must be met to receive a pay increase or promotion.**

4. You may be interested to know that the Director, Assistant Director and any Chiefs and Assistant Chiefs (Schedule B employees) who are commissioned are now required to meet the PRT standards and participate in the fitness program that will be established.

5. The PRT Working Group continues to meet, and is looking at a variety of issues, including the creation of a physical fitness/wellness program and incentives or a reward program.

Let's get to work on our fitness levels. I know that you can do this. Let's succeed together.

Col. Lamar Beckworth

Awards



*Among the attendees of an awards ceremony at the Capitol honoring several people for their roles in helping save the life of Rep. Edmund Kuempel were, left to right, Dr. John Zerwas, Tr. **Diane Riojas**, Tr. **Antonio Rico**, Tr. **Edwin Carpenter**, Major **John Reney** and assistant Sergeant-at-Arms **Jennifer Irby**.*

Five people, including a state representative and three Capitol troopers, received awards for saving the life of State Rep. Edmund Kuempel. At 10 p.m. May 12 at the state Capitol, Rep. Kuempel of Seguin was discovered unconscious in an elevator by Jennifer Irby, assistant House Sergeant-at-Arms. She checked for vitals, took the elevator to the first floor and located Tr. **Edwin Carpenter**. Carpenter could not find a pulse and called for assistance. Troopers **Antonio Rico** and **Diane Riojas** responded.

Joined by State Rep. John Zerwas of Richmond, the three troopers began using CPR and an external defibrillator. The four worked feverishly on Kuempel until EMS personnel arrived. Without the efforts of Irby, Rep. Zerwas and Troopers Carpenter, Rico and Riojas, Rep. Kuempel would not have survived. He made a full recovery and returned to the House floor before the

session ended. In addition to the Director's Citation and Awards presented by DPS, the same five people were honored by the full state House of Representatives and Senate.

Four DPS officers received TCLEOSE Law Enforcement Achievement Awards for Valor last month at the state Capitol. The Texas Commission on Law Enforcement Officer Standards and Education honored **Juan E. Hernandez**, **Derek L. Leitner**, **Cody L. Mitchell** and **John M. Kopacz**. All four have previously been honored by DPS for their heroic actions.

- Sgt. Hernandez, CIS Laredo, helped neutralize a tense armed standoff between rival gang members. Several gang members were arrested and multiple weapons were seized.
- Sgt. Leitner, HP New Caney, talked a suicidal 15-year-old into exchanging his shotgun for a cigarette and then safely extracted

the boy from a tree house in Montgomery County.

- Tr. Mitchell, HP Baytown, tackled a DWI suspect who ran into the lane of traffic on U.S. 90 in Harris County in front of an 18-wheeler, knocking the suspect out of harms way.
- Tr. Kopacz, HP Bay City, who was off-duty, went to aid an elderly driver immobilized in his car with a train approaching in Matagorda County. Kopacz pulled the man to safety before the train struck the car.

Ann Estes, Communications San Angelo, won the APCO Telecommunicator of the Year for 2008. The Association of Public Safety-Communications Officials recognized Estes for her efforts in coordinating information between multiple law enforcement agencies during the search for a capital murder suspect New Year's Eve 2008.

The suspect posed a clear
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danger to officer safety and this information was passed along to troopers in the area, including Tr. **John Cox**, HP Eden, who was on the lookout for the suspect as they stopped vehicles. The suspect was shot and killed by Tr. Cox in an exchange of gunfire. Fortunately, Cox sustained minimal injuries from a shotgun blast. Estes also won a Regional Commanders Award for her efforts that evening.

Mile Markers

Promotions

Director's Staff

Gabriella R. Brown, Communications Mgr., HP Midland to Inspector II, OAI Austin.

Administration

Wayne Mueller, Asst. General Counsel, OGC Austin to Asst. Chief, Administration Austin; **Charles J. Palcer**, Sgt., Training Academy Austin to Lt., Training Academy Austin.

HP

Victoria A. Macha, Supv., HP Austin to Coordinator, Bureau of Law Enforcement Comm. and Tech. Austin; **Daniel Stang**, Supv., HP Austin to Coordinator, Bureau of Law Enforcement Comm. and Tech. Austin; **Lanny R. Hooper**, Supv., HP Lubbock to Communications Mgr., HP Midland; **Elaine Capers**, Supv., HP San Angelo to Communications Mgr., HP Garland.

Retirements

Lewis Tim Taylor, Programs

Admin., Building Programs Austin, 28 yrs., 6 mos.; **Ray Anthony Woods**, Sen. Tr., DL Dallas, 25 yrs., 4 mos., 20 days; **Joe Michael Peacock**, Officer, EMD Austin, 18 yrs., 18 days; **Delores Shelton**, Clerk III, MCB Austin, 12 yrs., 10 mos., 14 days;

Jill Kelly Kinkade, Tech., Crime Lab Austin, 31 yrs., 7 mos. 21 days; **Bruce Glenn Eden**, Sen. Tr., CVE Waco, 29 yrs., 11 mos., 18 days; **Mario Rodolfo Ramirez**, Sgt., CIS Del Rio, 21 yrs., 10 mos., 24 days; **Bruce Wayne Schielack**, Supv., EMD Austin, 21 yrs., 6 mos.;

Oleta Faye Snape, Coordinator, Accounting Austin, 19 yrs., 6 mos., 11 days; **Duane C. Avants**, Sen. Tr., HP Austin, 17 yrs., 9 mos.; **Michael W. McDonald**,

Sen. Cpl., HP Austin, 17 yrs., 9 mos.; **Shirley Ann Van Horn**, Evaluator, DL Austin, 13 yrs., 4 mos.;

Eddie Emil Imken, Jr., Asst. Evaluator, DL Austin, 7 yrs., 3 mos., 27 days; **Albert Lewis Herington**, Sen. Cpl., HP Mason, 24 yrs., 3 mos., 21 days; **Jimmy Ray Dillard**, Custodian, HP Dumas, 5 yrs., 6 mos., 19 days.

Deaths

Joshua Martinez, Clerk III, General Services Austin (April 2008 – April 2009) died April 19, 2009; **John L. Woodyard, Jr.**, Comm. Supv., HP Corpus Christi (October 1959 – August 1995) died June 3, 2009; **Jo Ann Salter**, Tech., DL Conroe (June 2001 - June 2009) died June 12, 2009.

Briefs

Attention Special Rangers!!!

HB 2991 became law after the recent legislative session. The law exempts all Special Rangers and Special Texas Rangers from the Crisis Intervention Techniques course that had been required by the Texas Commission on Law Enforcement Officer Standards and Education. The class was required by the Legislature in 2005 and was supposed to go into effect now.

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 scholar-

ships 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.

Hurricane tip

Remember, when there's a storm in the Gulf, everyone in Texas needs to monitor weather information. Hurricanes can spawn tornadoes and cause serious flooding. They have killed and injured people who live hundreds of miles from the coast. Visit www.txdps.state.tx.us/dem for more preparedness information.

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Fitness Corner: Avoiding Injuries When Exercising

Most people who work out regularly or participate in recreational sports experience injuries at some point. Ironically, fitness programs are designed and used to prevent injury. The following are some tips on how to avoid injuries when you're hitting the gym, the track or any other rigorous physical activities:

H2O: 70 percent of the human body is made up of water; so, when exercising you should drink plenty of it. Not doing so can contribute to dehydration, heat exhaustion and heat stroke. It's recommended that everyone (even those not exercising) should try to consume eight glasses of water per day. Also, sports drinks contain a lot of sodium, and are really only necessary as a supplement when exercise lasts for long periods of time, causing profuse sweating. So use good judgment, and remember, water is your first ally.

Warming Up & Stretching: Before you start performing movements that recruit your major muscle groups, you need

to let your body know. By utilizing a short warm up and thorough stretching (both static & dynamic) you can avoid muscle pulls, strains and tears. For paced exercise lasting long periods like distance running, dynamic stretching, such as jogging in place, for a few minutes prior is really all you need. For activities involving short quick bursts like basketball or running sprints, add thorough static stretching, such as toe touches (no bouncing) and a calf and quadriceps stretch, to the pre-game routine.

Principle of Opposition: Years of research and the science of human motion both indicate that the major muscle groups of the human body oppose each other in order to give the body balance during muscular work and movement. For example, the hamstrings oppose the quadriceps. When weightlifting or doing isometrics, if you only work one of these muscle groups, you heighten your risk of injury over a period of time. By working out both groups

equally, you avoid putting undue strain on either one. In order to avoid putting yourself out of the game, start practicing the principle of opposition with the following major muscle groups:

Pectoralis Major (Chest) & Rhomboids, Trapezius (Back)

Hamstrings & Quadriceps

Triceps & Biceps

Deltoids (Shoulder) & Latissimus Dorsi (Back)

Abdominals & Lower Back

Calf Muscle & Shin Muscle.

Weak shin muscles (tibialis anterior) are the primary cause of shin splints.

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Retiree meeting

The Region VI Retirees Association will hold their annual meeting in Waco on Saturday, Sept. 19, at the VFW Hall on Sun Valley Blvd. in Hewitt, TX. Visiting will begin about 10 a.m. and lunch will be served around 11:30 a.m. E-mail bharpole@nctv.com for more info or call 254-485-2298.

EAP Wellness Corner: Alcohol and drugs

The DPS Employee Assistance Program is a free service and is available to serve you statewide. Alcohol and drug problems can affect anyone regardless of age, race, sex, income or lifestyle. The person who drinks too much or who uses drugs may be a family member, friend, church member or co-worker.

Most won't walk up to some-

one they're close to and ask for help. They will likely do everything possible to deny or hide the problem. Deception, of self and others, is at the heart of addiction. Full recovery may require repeated treatments, but millions have taken charge of their lives and are now healthy. Don't give up. Help is available. Call now: 512-424-2211



On the mend...

Tr. **Garry Allen**, HP Mineral Wells, injured while arresting DWI subject

Tr. **Steven Hoppas**, HP San Marcos, injured when vehicle struck by alleged drunk driver.

Good news! Tr. **Orlando Barrera**, HP Hidalgo, has returned to work.