



DPS Chaparral



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DPS troopers win highest honors

Four Highway Patrol troopers received DPS' highest commendation for their lifesaving efforts August 20 in Ellis County. In all, one DPS trooper and three Midlothian police officers were shot and wounded.

Troopers **Terry Eaton**, **Vance Griffin** and **William Werkmeister** all received the Medals of Valor, while Tr. **Rick Smith** received the Medal of Valor and a Purple Heart. Eaton is stationed in Ennis; the other troopers are stationed in Waxahachie.

"These four troopers saved lives with their willingness to put themselves in danger to protect others," said Col. **Thomas A. Davis Jr.**, director of DPS. "Their devotion to duty is an example to all troopers. We are proud they work for the Department of Public Safety."

The incident started when Midlothian police were investigating a broken window that may have been the result of a bullet. Midlothian police officers focused their investigation on an apartment. When they heard sounds from inside, they attempted to force their way into the apartment, and the suspect opened fire through the door. Several troopers responded to the call of officers down.

As two of the wounded Midlothian officers were evacuated, one officer was still in an open area and in the line of fire after three gunshot wounds

continued on page 3



This article is the first in a series that will offer advice on how to improve your physical fitness. When it comes to exercising and healthy eating habits, there's almost

always room for improvement, and good physical fitness can enhance and even lengthen your life. Whether you're training for the Physical Readiness Test, training for the Governor's Texas RoundUp or simply improving your health, we hope you'll find these fitness tips helpful. If you would like for us to address a specific topic, please feel free to e-mail us at pio@txdps.state.tx.us.

Increase your bench press

By following a few simple guidelines, you'll increase the amount of weight

continued on page 3

Dear fellow employee,

As you may remember, last month I asked you to be on the lookout for appropriate applicants for our upcoming recruit schools. I cannot stress this enough: We are in dire need of applicants for the two remaining schools we have scheduled for 2007.

Remember that making a successful referral will result in your receiving four hours of Recognition Leave—and you can earn up to 16 hours of Recognition Leave per year. Please help us find qualified candidates!

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As we approach the end of the year, I want to thank each of you for the hard work you have performed on behalf of the residents of our state. Keep it up—the Legislative session starts in January, and things will get even busier.

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The holidays are fast approaching: Please be sure to drive safely.

I wish for you and your family a peaceful and meaningful holiday season.

Awards

Stacey Phetteplace, Crime Lab Tyler, has been presented an Award of Appreciation and Recognition for her work in the NIBIN (National Integrated Ballistic Information Network) program in East Texas. She has identified 21 “hits” between firearms evidence submitted for entry into the NIBIN database. These matches linked fired evidence (cartridge cases) from one crime scene to another or fired evidence to a confiscated handgun.

Tr. **Phillip Breeding**, HP Midland, was honored as the Officer of the Year at the annual law enforcement banquet in Midland. Tr. **Billy J. Zachary**, HP Monahans, killed Jan. 1 when he was hit by a pickup truck during a traffic stop, was also honored. His family accepted a check issued by The 200 Club.

Regional Liaison Officer **David Solis**, Emergency Management Division Amarillo, was awarded the Beelee Goodwin Regional Public Administrator Award from the Panhandle Regional Planning Commission. The award recognizes a public servant from the area for their contributions to the region.

The **Emergency Management Division** received the 2005 Animals’ Choice Award from the Emergency Animal Rescue Service for recognizing that pets should be included in disaster planning and including provisions for pets during the Hurricane Rita evacuation. During Hurricane Katrina, a number of pet owners,

including many elderly residents, stayed behind because they would not leave their pets and died in the flooding and storm surge.

Lt. **Jerry Byrne**, Texas Rangers Garland, received a Distinguished Alumni Award from Sul Ross State University.

Short Shots

Dive team looking for you

The DPS Dive Recovery Team is seeking applicants for tryouts. Any commissioned THP trooper wishing to apply for consideration should submit a memo through their chain of command, forwarding the original directly to Lt. **Ronnie Tacquard** in the THP Chief’s office. You must also notify Lt. Tacquard of your intent to apply—either in person or by calling 512-424-2339.

Promotional Exams announced

The competitive examination for **Captain, Criminal Intelligence Service**, and **Captain, Motor Vehicle Theft Service**, will be Tuesday, Jan. 9, 2007, at 8 a.m. at the DPS Academy. For more information on how to apply, please contact Capt. **Terry Preston** in the Human Resources Bureau in Austin.

Scam alert

If you get calls from someone claiming to be a vendor and they are asking for information about computer infrastructure (desktop, printer, software, network, mainframe, etc.), do not give this information out over the phone! These phone calls sometimes come in the form of surveys.

Write down the caller’s information and e-mail it to **George Frimpter**, Data Security Officer Austin. If you have any questions, call him at 512-424-2502.

FBI graduate

Lt. **Robert Bullock**, Texas Rangers Midland, graduated from the 226th Session of the FBI National Academy Sept. 15 in Quantico, Virginia.

Mark it down

The Quarter Century Club Banquet and Ladies Luncheon will be in Waco at Knox Hall on April 20. Information will be sent out at the first of the year. For more information, call **Jennifer Hall**, 512-424-7297.

Did you retire in 2001?

If so, do you want your original personnel file? Please call the following numbers: 512-424-2000, ext. 3327 or 3351. The deadline to hold files is February 1, 2007.

Recognize unsung heroes

The Texas Public Employees Association (TPEA) is asking for nominations for the 2007 Unsung Hero awards, but you have to hurry because nominations must be returned by **Dec. 8**. The awards honor everyday state workers who make a difference. Several DPSers have received this award. Any two state employees can nominate another employee for recognition and all state employees are eligible to be nominated. Find out more about the categories and how to make a nomination at <http://www.tpea.org> or by calling 512-476-2691.

DPS troopers receive awards, continued from page 1

rendered him unable to walk.

Tr. Smith ran to aid the downed officer. He was soon joined by Troopers Werkmeister and Griffin. The three troopers pulled the injured officer out of the line of fire. Tr. Smith then maneuvered to locate the shooter's position, and the suspect opened fire striking Smith once in the face.

Tr. Griffin and Tr. Terry Eaton returned fire until the suspect stopped shooting. Griffin then ran to assist Smith, who was motionless on the ground. Werkmeister put himself in the line of fire to provide cover for the two troopers. Tr. Eaton then ran to aid Griffin as they pulled the injured trooper out of harm's way.

After a DPS SWAT Team helped gain entry into the apartment, the suspect was found dead from a self-inflicted gunshot wound.

Tr. Smith has returned to duty. The Midlothian officers are recovering from their injuries.

"In law enforcement, we know



(Left to right): Tr. Terry Eaton, HP Ennis, and Waxahachie HP troopers Vance Griffin, William Werkmeister, Rick Smith and Booker Hamilton received awards from the City of Midlothian.

our jobs are dangerous. Yet when an incident such as this occurs and you see officers willingly placing themselves in a bullet-riddled environment to rescue a fallen officer and protect innocent citizens, it is truly a heroic

act," said Highway Patrol Chief **Randall K. Elliston**. "I am certainly proud of each of these troopers, and I am sure the citizens of Texas are proud as well."

Proper technique for the bench press, continued from page 1

you can lift in the bench press and avoid injury.

√ Make sure a spotter is present to help when assistance is necessary.

√ Remember, don't overexert yourself and be realistic in the weight you use if you haven't lifted in a while. You may need to consult a physician if you have prior injuries or other health issues.

√ Make sure you warm up properly starting with multiple sets and repetitions with lighter weights. It is also helpful to warm up your entire body by performing light aerobic

activity, such as riding a stationary bicycle or jogging for 10 minutes.

√ Perform the bench press two to three times a week, allowing at least 48-72 hours for recovery between sessions. Overtraining can cause injury and doesn't increase strength.

√ Focus on developing the strength in your triceps, which will improve your bench press.

√ Plant your feet firmly on the floor, which will give you extra strength when you hit a sticking point.

√ Position yourself so that the bar

is located above the eyes. Use a grip slightly wider than shoulder-width.

√ Lower the bar down in a controlled motion to your chest until it either touches your chest or is slightly above it. Do NOT lower the bar to the upper chest area, close to your neck, or bounce the bar off your chest. (A towel may help in bar placement and comfort.)

√ Proper breathing is another important aspect of the lift. Inhale as the bar is lowered to the chest and exhale as the bar is pressed off of the chest.

Mile Markers

Promotions

CLE

Brady W. Mills, Mgr., Crime Lab Austin to Asst. Lab Director, Crime Lab Austin; **Billy Wade Horton**, Tr. III, HP Lubbock to Sgt., CIS Eagle Pass.

Director's Staff

Timothy T. Ochsner, Sgt., Aircraft Section Austin to Lt., Aircraft Section Austin; **Johnny Earl Prince, II**, Sgt., Narcotics Svc. McAllen to Sgt., Aircraft Section McAllen; **Joseph Conte Navarro**, Sgt., Narcotics Svc. San Antonio to Sgt., Aircraft Section McAllen.

HP

Ruben Guadalupe Galindo, Tr. II, HP San Antonio to Sgt., HP Ozona; **Richard Louis Jankovsky, III**, Cpl. II, HP Los Fresnos to Sgt., HP Laredo; **Donald Dean Nance**, Tr. II, HP Beaumont to Sgt., HP Texarkana; **Sharon Marchell Griffin**, Operator III, Comm. Svc. Pierce to Supv., Comm. Svc. Beaumont.

Retirements

Yolanda Douglas, Sgt., Narcotics Svc. Denton, 21 yrs., 9 mos.,

18 days; **Richard Salinas Guzman**, Sgt., Narcotics Svc. San Antonio, 21 yrs., 4 mos., 11 days; **David Gregory Goodman**, Lt., Narcotics Svc. Houston, 18 yrs., 10 mos., 24 days;

A.E. D. Carr, Custodian II, HP Cleburne, 10 yrs., 8 mos., 13 days; **Janet Lynn Emerson**, Admin. Asst. II, DL Lubbock, 10 yrs., 4 mos.; **Catherine N. Gardner**, Admin. Asst. II, Rangers Houston, 9 yrs., 11 mos.; **Miriam Patricia Broyles**, Investigator II, MCB Plano, 6 yrs., 7 mos.;

Jane Martha Ray, Clerk IV, Narcotics Svc., Austin, 17 yrs., 7 mos., 29 days; **Ruby Janice Seidel**, Clerk IV, Accounting Austin, 11 yrs., 6 mos., 18 days; **Loise Mona Wilson**, Clerk IV, Narcotics Svc. Austin, 7 yrs., 6 mos., 29 days; **Loise J. Narcisse**, Tech., DL Houston, 6 yrs., 6 mos., 4 days;

Ricardo Alvarado, Sen. Tr., DL Houston, 27 yrs., 8 mos., 22 days; **Leonard Arthur Woodard**, Sgt., CLE Houston, 21 yrs., 8 mos., 25 days; **Claudia Modell Acuff**, Inspector III, MVI Georgetown, 18 days, 9 mos., 27 days; **Jackie Ray Taylor**, Supv. I, Comm. Svc. Midland, 14 yrs., 8 mos.;

Jose Francisco Vidales, Sgt., DL San Antonio, 10 yrs, 7 mos., 9

days; **Carole Brown Koepp**, Admin. Asst. II, DL San Antonio, 8 yrs., 12 days; **Marry Ann Gromatzky**, Admin. Asst. I, DL Austin, 38 yrs., 5 mos., 21 days; **Johnny Richard McKenzie**, Security Officer III, HP Austin, 11 yrs., 11 mos., 16 days.

Deaths

Terryl P. Janovsky, ret. Tr., CVE Houston (June 1979 – Dec. 2004) died October 13, 2006; **Elbert Dean Glazner**, ret. Capt., MVI Midland (May 1942 – Aug. 1976) died October 14, 2006; **David Castillo, Jr.**, Housekeeping Supv., HP Abilene (Aug. 2005 – Oct. 2006) died October 23, 2006;

Elmo Harold Hearne, ret. Tr. III, HP Corrigan (Jan. 1956 – May 1984) died November 1, 2006; **Claude Andrew Latta**, ret. Supv., Crime Lab Tyler (May 1972 – Jan. 1989) died November 3, 2006.

On the mend...

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

Tr. **Steve Stone**, HP Tyler, shot by suspects;

Tr. **John Kopacz**, HP Bay City, injured while attempting to arrest a suspect; and,

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

Good news! Tr. **Lucian Ebron**, HP Jouranton, and Tr. **Kevin James**, HP Llano, have returned to work on light duty.

DPS says to hire only licensed locksmiths

DPS is warning the public not to use unlicensed locksmiths. State law requires locksmiths to be licensed, which includes fingerprint criminal history checks. Giving an unlicensed locksmith access to your home or business places you at risk of criminal activity. Licensed locksmiths will be able to provide a Department-issued license number. You can check our website using the search feature at <http://www.txdps.state.tx.us/psb/> to verify an individual or company's licensed status. The Department has 27 investigators across the state assigned to the Private Security Bureau to investigate violations of the Private Security Act.