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!

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.

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

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

Thomas A. Davis Jr.

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

DPS online: www.txdps.state.tx.us  DPS “on the air”: 512-424-7777  askthecolonel@txdps.state.tx.us
**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.

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.

DPS “on the air”: 512-424-7777

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.

Askthecolonel@txdps.state.tx.us
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 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.

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


**HP**


**Retirements**


**Deaths**


**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 Jourdanton, and Tr. Kevin James, HP Llano, have returned to work on light duty.

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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/](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.