## New Texas Ranger chief makes history

**Antonio "Tony" Leal** has been named chief of the Texas Ranger Division, becoming the first Hispanic to lead the elite crime-fighting force.

"Tony Leal is a 24-year veteran of DPS and brings the experience and leadership skills needed to guide the Texas Rangers in the coming years," said interim DPS Director **Stanley E. Clark**. "He is the first

Hispanic and the youngest person ever named chief of the Texas Ranger Division."

Leal, 44, was born in Sugar Land and raised in the Fort Bend County area. He began his career with DPS in June 1984. He started as a Highway Patrol trooper in Stafford and Rosenberg and then moved to San Antonio as a Highway Patrol sergeant, before promoting to the Texas Rangers in 1994.

His Ranger duty stations included assignments in Liberty, Seguin and



Senior Captain Tony Leal

San Antonio, where he was part of the Unsolved Crimes Investigation Team. Leal promoted to lieutenant in 2002 and was stationed in Austin. In 2005, he promoted to captain of Company A in Houston, overseeing 20 Texas Rangers responsible for 30 counties. His appointment to Ranger chief took effect December 10.

"My dream as a young man was to become a Texas Highway Patrolman, and I never imagined becoming a Texas Ranger, much less the Texas Ranger chief," said Leal, who will also carry the rank of Senior Ranger Captain. "I appreciate the confidence and support of the Directors and the Commission. It is my goal to continue to uphold the Ranger tradition, while moving ahead with the goals of the Department as a whole."

The Texas Ranger Division includes 160 employees, including 134 Texas Rangers.

Dear fellow employee:

We've been talking about change for awhile now, and you've no doubt seen that change is everywhere. I want to remind you that this isn't the first time that we've been under a microscope, and it isn't the first time we've undergone massive changes. We will come out of this process better and stronger than ever.

During these potentially turbulent times, I want you to know that your work and input are important. The people of the state of Texas are depending on us to keep them safe, and we all need to work as hard to accomplish that.

I want to take a moment to welcome **Stuart Platt** to the DPS family. Stuart joined DPS last month as the General Counsel. He's a former U.S. Magistrate in Midland and is a colonel in the U.S. Army Reserve. As General Counsel, Stuart will advise the chiefs and the Public Safety Commission on legal issues.

Stanley E. Clube

## **Briefs**

#### **SWAT** officers needed

SWAT will be conducting tryouts March 2-4. All commissioned officers who work or reside within four contiguous counties of Travis or Williamson counties may apply. Applicants must submit a memo through their chain of command with endorsements through their major. Applicants should contact Lt. **David Franklin**, CIS Austin, via Department e-mail for additional information.

#### **Awards**

Sgt. Juan E. Hernandez, CIS Laredo, received a Director's Citation and Laredo police investigator Richard Reyes was honored with a Director's Award for helping end a dangerous gang standoff in Laredo. Two groups, each armed with one assault rifle. faced off outside a residence in the early afternoon near several schools and a busy intersection. With guns drawn, Hernandez and Reves confronted the groups. The members of the Mexican Mafia complied with orders to return inside the residence, while the Hermanos Pistoleros Latinos gang members attempted to flee, resulting in the apprehension of six suspects. Numerous weapons were seized. Reyes was nominated by Lt. Leo Perez, CIS Laredo.

Tr. **John Kopacz**, HP Bay City, received a Director's Citation for saving a man from a train-car collision in Matagorda County. Tr.

Kopacz was off duty and driving his personal vehicle when he spotted a car on the tracks and a train heading toward it. He ran through the darkness, tall grass and brush and saw a woman outside the car and man inside the vehicle. He convinced the woman to leave the tracks, and went to aid the man, who was experiencing health problems. After helping him out of the car, the man stumbled and fell, forcing Kopacz to drag him to safety. The train smashed into the small car, pushing it 1,500 feet down the tracks.

Tr. Cody Mitchell, HP Baytown, was awarded a Director's Citation for knocking a DWI suspect out of the way of an oncoming 18-wheeler in Harris County. The suspect had been stopped on U.S. 90 and was about to be arrested for DWI. He suddenly blurted out, "I want to die," and ran into the roadway, waiting for oncoming traffic. Ignoring his own safety, Tr. Mitchell slammed his body into the suspect in an attempt to knock him out of the roadway and into a ditch. An 18-wheeler narrowly missed the two men. The subject was then arrested for his third DWI offense.

Tr. Jeffrey Hass, CVE Vernon, garnered a Director's Citation for his bravery at a motel fire in Wilbarger County. Hass was one of the first to respond to the fire and immediately began knocking on doors and windows. He even kicked in doors in an attempt to warn patrons of the fire. Hass

was assisted in his efforts by Air Force Staff Sgt. Justin Poteet. The trooper also reentered the burning building to evacuate an elderly man who had returned to his room. The fire destroyed the motel but occupants of 16 rooms escaped without injuries due in part to the actions of Tr. Hass.

Two people earned Director's Awards for life-saving CPR on a bicyclist who suffered a heart attack. Stephanie M. Lee of Pflugerville and Andrew J. Cordova of Georgetown observed the man fall over in the shoulder lane of a road in Williamson County. Both citizens immediately began CPR on the man, and were assisted by Tr. Robert Isbell, Georgetown West, after he arrived on the scene. Nine minutes later, they detected a weak pulse and labored breathing. EMS personnel arrived on the scene and provided additional treatment. The victim fully recovered, thanks to the CPR provided right after the



Tr. **Ronald R. Ramirez**, HP Alice, injured during a struggle;

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

Good news! Tr. **Jeremy Alaniz**, HP Corpus Christi, and Tr. **Michael Earheart**, HP Gainesville have returned to work on full duty. incident. Lee, who is only 18, and Cordova were nominated by Sgt. **George Dominguez**, Georgetown West.

Three police officers helped save a woman's life after a pursuit east of Dallas. Michael Finley, Shawn Meek and Cpl. Michael Baley all work for the Royse City Police Department and received Director's Awards for their actions. The woman, suspected of drunk driving, refused to stop for officers and the fog-shrouded pursuit ended with a crash and the vehicle bursting into flames. The trio removed the unresponsive woman from the burning vehicle and moved her to safety. By the time Tr. Fernando Rozo, HP Rockwall, arrived on the scene, the woman had stopped breathing. Officer Chapman performed CPR and Tr. Rozo assisted until EMS arrived. The three Royse City officers were nominated by Sgt. Timothy Simmons, HP Garland.

#### Mile Markers

# **Promotions Rangers**

Antonio Leal, III, Capt., Rangers Houston to Chief, Rangers Austin-HQ; Brian Joseph Burzynski, Sgt., Rangers Fort Stockton to Lt., Rangers Amarillo; Ricardo Rivera, Sgt., Narcotics Svc. McAllen to Sgt., Rangers Brownsville; Danny Wes Crawford, Sgt., MVT Abilene to Sgt., Rangers Ozona;

Steven Earl McQuagge, Lt., MCB Austin to Sgt., Rangers Laredo; **Brian Christopher Burney**, Sgt., HP Odessa to Sgt., Rangers Midland; **John Burton Ramirez**, Sgt., HP Rio Grande City to Sgt., Rangers Rio Grande City; **James Wesley Bennett**, Lt., CVE Corpus Christi to Sgt., Rangers Kingsville.

#### HP

David Lee Palmer, Capt., CVE Austin to Maj., HP Austin-HQ; James Randall Woodrum, Sgt., HP Dumas to Lt., HP Austin-Capitol; Odie Lee Hitt, Sgt., HP Gilmer to Lt., HP Del Rio; Christopher Jones, Sgt., HP Killeen to Lt., HP McAllen;

Terry Dean Barnhill, Tr. II, HP New Caney to Sgt., HP Conroe-East; Steven James McNeil, Cpl. III, HP Huntsville to Sgt., HP Austin-Capitol; Thomas James Bledsoe, Tr. II, HP Jacksonville to Sgt., HP Jacksonville;

Michael Ray Windham, Jr., Cpl. IV, HP Sanger to Sgt., HP Waxahachie; Wilmot Dane Baker, Tr. II, HP Corsicana to Sgt., Austin-South; Jarrett Ross Hardwick, Cpl. II, HP Corpus Christi to Sgt., HP Austin-Capitol; Glen O'Neil Lester, Tr. III, HP Georgetown to Sgt., HP Austin-Capitol; David Matthew Foster, Cpl. II, HP Eastland to Sgt., HP Snyder;

Richard Anthony Ross, Cpl. IV, HP San Antonio to Sgt., HP Uvalde; Michael Anthony Cantu, Tr. III, HP Seguin to Sgt., HP Eagle Pass; Patrick Kelly McElroy, Tr. IV, HP Burnet to Sgt., HP Killeen;

Victor Francisco Santa Ana,

Cpl. III, McAllen to Sgt., HP Edinburg; Virgilio Verduzco, Tr. II, CVE San Marcos to Sgt., CVE Laredo; Eusebio Salazar, Tr. II, CVE Brownsville to Sgt., CVE Pharr.

#### Administration

**Jason Ray Griffin,** Sgt., HP Cameron to Lt., Training Academy Austin-HQ.

#### **Director's Staff**

**Stacy Lance Holland,** Sgt., Aircraft El Paso to Lt., Aircraft McAllen.

#### **CLE**

Byron Keith Martin, Sgt., Narcotics Svc. San Angelo to Lt., Narcotics Svc. Del Rio; Kenneth Dean Caldwell, Sgt., Narcotics Svc. McAllen to Lt., Narcotics Svc. Austin-HQ; Michael Mark Negri, Sgt., Narcotics Svc. Garland to Lt., Narcotics Svc. Austin-HQ; Juan Jaime Ramos, Sgt., Narcotics Svc. Midland to Lt., Narcotics Svc. Alpine;

**Jaeson Todd Jones,** Sgt., BIS Austin-HQ to Lt., Narcotics Svc. Laredo.

#### **Retirements**

Anthony Mark Proveaux, Sen. Tr., HP Austin, 28 yrs., 5 mos., 19 days; Jerry B. Moore, Capt., Narcotics Svc. Houston, 31 yrs., 24 days; Gary Leon Hinton, Sen. Cpl., CVE Orange, 28 yrs., 6 mos., 20 days; Miguel J. Cordero, Sgt., Narcotics Svc. Fort Stockton, 26 yrs., 6 mos., 22 days;

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# Fitness Corner: Try "soft running" to protect your legs

Let's face it: People have been running for a long time. Whether running to join the battle, flee the battle, hunt animals or avoid being hunted by animals, our ancestors were an active bunch! But now that many of us will never go to war, and the hunt for a meal has been reduced to a leisurely walk down the hall or a stop at a drive-through, we just don't get the same level of activity as previous generations.

Combine our reduced activity with the availability of inexpensive, high-calorie foods, and you have a recipe for disaster! As our nation gets fatter, we see record levels of conditions such as heart disease and diabetes. We need to eat healthier and exercise. We'll cover diet in another article, the focus today is on exercise, specifically running.

Many of you may have opted out of running because of the foot, knee and hip pain that results from it. First, you should consult a physician before beginning any exercise program. With that out of the way, let's get specific.

One of the simplest ways to reduce the stress on your joints during running is to lose weight. Excess pounds add stress to your joints during running. Lose weight and your joints will thank you! In addition to weight loss, there's another way to reduce the stress imposed by running.

An article by a staff member at Jack & Adam's Bicycles, a local Austin store oriented to runners and triathletes, recommended "soft-running." The idea is to run in a way that spares your joints the worst of the impact.

Next time you run, look to see if you are landing flat-footed, and listen to your steps; do they make a loud slapping sound when your feet strike the ground? Instead, raise your knees less and let your feet sweep along just above the ground. Strike the ground heelfirst, roll forward on your foot, and then push off from the toes. When you've achieved the proper form, your running should be noticeably smoother and quieter.

While this technique may feel odd at first, if you stick with it, your running will become easier and faster. And, you will hopefully suffer fewer aches and pains in the joints! Of course, make sure you wear quality running shoes, and try to run on a soft surface, such as grass or a rubberized track.

## Mile Markers, continued

James Patrick O'Burke, Comm., BIA Austin, 23 yrs., 9 mos., 17 days; Adan Caro, Sen. Cpl., CVE Alice, 21 yrs., 5 mos., 24 days; Dusty Musgrove Mc-Cord, Lt., Rangers Amarillo, 31 yrs., 4 mos., 15 days; Joel Vasquez Garcia, Sgt., MVT Brownsville, 30 yrs., 7 mos., 7 days;

Oscar Rivera, Sgt., Rangers Sinton, 30 yrs., 7 mos., 7 days; Kyle Lynn Dean, Sgt., Rangers Kerrville, 26 yrs., 6 mos., 22 days; Joseph John Millhouse, Lt., Narcotics Svc. Austin, 26 yrs., 6 mos., 22 days; John Alan Stafford, Sen. Tr., HP Brady, 23 yrs., 11 mos., 22 days;

Henrietta Ann Hamilton, Secretary, HP Waco, 21 yrs., 11 mos., 26 days; Carolyn Jean Winkler, Secretary, Veh. Inspection, Austin, 19 yrs., 4 mos., 17 days;

Wilma Dean Crone, Secretary, HP Garland, 19 yrs., 3days; Robert Julian Sells, III, Capt., DL Garland, 18 yrs., 9 mos., 4 days; Winfred Columbus Johnson, Comm. Operator, Comm. Svc. Texarkana, 15 yrs.; Sammye Beth Cope, Admin. Asst., CIS Midland, 5 yrs.;

Curly Willie Colquitt, Asst., Commander, HR Austin, 28 yrs., 5 mos., 19 yrs., Louis Matthew Gardner, Tr., HP Killeen, 15 yrs., 2 mos., 2 days; Maria Victoria DeLaRosa, Custodian, HP Lubbock, 9 yrs., 10 mos., 3 days.

#### **Deaths**

Dorothy Louise Awater, ret. Secretary II, EMD Austin-HQ (February 1984 – July 1997) died December 8, 2008; Stanley Russell Bain, ret. Tr. III, HP Amarillo (April 1948 – September 1983) died December 24, 2008; Gene Austin Lockhart, ret. Tr. III, HP Huntsville (June 1956 – October 1984) died December 14, 2008;

James F. Taylor, ret. Officer II, Training Austin-HQ (December 1958 – August 1991) died December 18, 2008; Audrey Lewis, ret. Clerk III, DL Austin (October 1967 – December 1986) died December 28, 2008.