

the SNSO STAR

From the desk of **Sheriff Dick Barta**



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January 8-11, 2012 our agency underwent our C A L E A 3 - y e a r assessment. Major Michael O'Brien of the Harris County Sheriff's Office, Huston Texas and Captain John Manago of the Larimer County Sheriff's Office, Fort Collins, Colorado were our CALEA assessors.

Overall our agency review was outstanding, Major O'Brien indicated that in his decade as an assessor that this was one of the best if not the best assessment that he has been a part of. Both assessors expressed their positive impressions of our facilities, our equipment, and most importantly of all of our personnel.

While we will not know for sure the outcome of the assessment until mid-March we are confident that we will be successful in receiving our reaccreditation.

Accreditation is not a destination it is a journey, one that will ensure that the Shawnee County Sheriff's Office will maintain the high quality of service that our citizens have come to expect.

For those 4 days we were under the "microscope"

by our assessors; every day our actions are being scrutinized by numerous people in our community regardless of our being aware of it. We as law enforcement officers are held to a higher standard. I thank each of you for the pride you put forth in the work you do every day, it shows!

The remodeling project has been completed. Numerous changes were made to increase security of our facility and ease operation for some divisions. If you have not had an opportunity to view the changes I encourage you to do so.

The Process Unit has been moved to make room for our Offender Registration Unit, it can now be accessed directly from the main lobby. Currently Shawnee County has over 830 offenders that are required to register 4 times a year. (That number increases approximately 10 people a month.)

After receiving security recommendations from Homeland Security the front desk reception area has been redesigned to increase security but still maintain a user friendly atmosphere. Thanks to

everyone that assisted with this project.

In 2011 the agency had a total of 30 vehicle accidents, 15 of those were preventable. The second leading cause of death for law enforcement officers in 2011 was automobile accidents.

When driving any vehicle limit distractions at all costs.

Happy 151st Birthday Kansas!



Major Blume, Captain Manago, Major O'Brien and Sheriff Barta

Not in Kansas Anymore!

Hello from the halls of the FBI National Academy. I arrived in Quantico, VA on Saturday, January 7th. The Academy is located approximately one hour south of Washington, DC on the US Marine Corp base. I am one of 254 law enforcement officials from 48 states and 26 different countries. Although we arrived as individuals from virtually all over the world we have already begun to cultivate close friendships. I have been invited to visit foreign countries to experience their way of work and life. Likewise, I've invited my new friends to Kansas.



The whole experience has been one similar to my college days as we live in a dormitory, attend classes throughout the day and of course, eat cafeteria meals. The accommodations are reasonable but more importantly the company is great. The classes are taught by instructors from all backgrounds. While many are FBI Special Agents others are specialist and experts from their field of work. The Academy focuses on adult learning and invokes enrichment and enlightening of mind and body.

The Academy is dedicated to enrichment of the mind and body. Every day we are challenged to explore new horizons. One particular portion of our day involves exploration with physical training. The physical exploration has been one that last several days after stretching your "physical" limitations. I've discovered sore muscles in my body that I didn't know existed. Even the most physically conditioned classmate has experienced the same kind of soreness. Seriously, these PT instructors are excellent and take you to a new "position" in training.

Each week our entire Session is presented with a physical challenge. Our first "Challenge" consisted of a distance run of 1.8 miles. How fitting as this run was titled, "Not in Kansas Anymore." Imagine this; a mass of humanity totaling 254+ taking a nice stroll on an isolated road in the middle of a brisk winter day with a cold wind hitting you smack dab in the face (reminded me of Kansas). I was totally impressed with many of the instructional staff, not just those from PT, since they took part in the run too. Not everyone ran at the same pace or velocity which allowed several to finish the run well before others. Subsequently, many of the runners completed the Challenge but circled back to run with the stragglers. Eventually, ¼ of the participants joined in with the slower runners and provided encouragement throughout the finish. What a sight to see such a large group of people cheering for one another and completing the run as a unit.



Undersheriff Jones touring the United States Naval Academy in Annapolis, MD January 28, 2012 **GO NAVY!**

This is just a prime example of what I see from my colleagues daily. My experience thus far has been one that will affect me for the rest of my life. I've had the distinct pleasure of meeting remarkable law enforcement leaders from all over the world. Although we come from varying backgrounds and experiences we all seem to

have the common goal of serving mankind of some sort. Yes, I know I'm not in Kansas anymore but I'm proud to represent the Shawnee County Sheriff's Office. I'm striving to be the Shining Star from afar.

In the meantime, be well, be safe.

Be the Shining Star that you are.



In the past couple of months, our community has experienced loss of life due to traffic fatalities. In those most recent fatalities, each victim was not wearing a seatbelt. This is not written to admonish those victims as their families have experienced loss that no one should go through, but hopefully in these tragic events we can all learn lessons. According to statistics from James Madison University:

- There are approximately 35,000 persons killed each year in traffic accidents and about 59% (17,000) could be saved by wearing seatbelts.
- Safety belts when used properly reduce the number of serious traffic injuries by 50 percent and fatalities by 60-70 percent.
- For every one percent increase in safety belt use, 172 lives and close to \$100 million in annual injury and death costs could be saved.
- Motorists are 25 times more likely to be killed or seriously injured when they are “thrown clear” than when remain inside their vehicle.
- One out of every five drivers will be involved in a traffic crash this year.

Looking back as a young officer going through the law enforcement academy at the Topeka Police Department, the officers in my class were taught an invaluable lesson in the use of the seatbelt. As part of our training we were required to pass the Emergency Vehicle Operations Course (EVOC). We were instructed to drive the course at varying speeds, first with a seatbelt fastened and then without. It was amazing how out of control I was without wearing a seatbelt and driving relatively slow speeds. I learned that day how critical it was to wear a seatbelt at all times.

Sometimes we hear stories of law enforcement officers who do not want to wear seatbelts because it “slows” them from exiting a vehicle and it takes away from their “officer safety.” This is the most ridiculous statement an officer can make, but it still happens. It takes a couple of seconds at most to fasten a seatbelt and less to release it. If a person is accustomed to wearing a seatbelt then they practice applying and releasing the belt every time they are in a vehicle, thus improving their proficiency, so how does wearing a belt slow them or not wearing one make them more safe? Many officers attempt to use the tired and much defeated argument that if they are in a gun battle they need to be able to respond quickly. There is no disputing that but it takes virtually no time to release a seatbelt and again by wearing one all the time, you have that repetitive practice of releasing it down pat. Unfortunately, officers that try to use this argument fail to comprehend that more officers are killed or injured in automobile accidents than in comparison to any other event that we face in our careers.

We all have calls that we can remember vividly throughout our careers, but one in particular for me was a fatality accident that occurred in August 1998 at 45th and Tecumseh Road. I arrived on the scene shortly after other officers and we noted it was a fatality immediately due to the obvious trauma that the victim had suffered. The victim was a young mother who was driving her small children west on 45th street. As they approached the intersection of 45th and Tecumseh, another driver was north bound on Tecumseh approaching the intersection, unfortunately this driver failed to stop for the stop sign and struck the vehicle driven by the young mother and her children. The mother was driving a Ford Explorer and there was such force from the collision that the Explorer was rolled over and eventually landed on its top. The two children, both wearing seatbelts, were safe and free from any physical injury. The mother who took the time to make sure her children were safely fasten in did not do the same. She was ejected out of the rear side window and suffered severe and extensive damage to her head. My job that day was trying to console the children until their guardian could arrive on the scene and to assure them all responders were working to help their mother. I will never forget the emotional suffering that those two children went through that day and sure the rest of their lives.

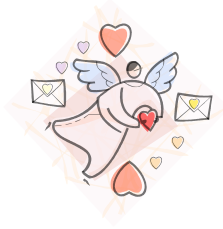
We cannot control or predict the actions of other drivers on the road, but we can take measures to protect ourselves, family and friends. ALWAYS take the second or two and make sure you apply your seatbelt and if you are the driver make sure that vehicle does not go into motion until all passengers are buckled up!

Congratulations

Brandy Janeski & Nick

On the birth of their son Ryder, January 20, 2012

Chaplain's Corner Chaplain John Hansen



“Love”

February is the month we celebrate Valentine's Day. A day for love and the celebration of the love we share with our mate and other family members.

side note: A form of the word “LOVE” is found in The Bible over 483 times.

Jeremy Taylor writes,

“Love is the greatest thing that God can give us, for himself is love; and it is the greatest thing we can give to God, for it will also give ourselves, and carry with it all that is ours. The apostle calls it the bond of perfection; it is the old, and the new, and the greatest commandment, and all the commandments, for it is the fulfilling of the law. It does the work of all the other graces without any instrument, but its own immediate virtue.”

In I John 4:11

“Beloved, if God so loved us, we ought to love one another.”

My Prayer is that your Love grow deeper and stronger with your mate, your family, and with God.

*-Have a blessed day,
your Chaplain*

Sympathy

Jamie Ratzloff-Grandmother

Becky Zimmerman –Grandmother

Retired Deputy Russell Berry-Sister



Lt. John Ostenson moved into his new office in Communications in January. In his new position, he will oversee training, hiring, quality control and special projects the Communications Division. Welcome to dispatch!

Planning for the new P25 radio system for Shawnee County is progressing. On January 26, 2012, members of the SCECC Management Board attended the Shawnee County Commission meeting to request authorization to set aside bidding guidelines and negotiate system pricing with two major radio vendors. The Commission voted 3-0 to waive the bidding procedure and allow us to negotiate with Cassidian and Motorola.

TPD Chief Ron Miller, TPD Deputy Chief Walt Wywadis, Lt. John Ostenson, Senior Communications Engineer Stan Blanchard, and I traveled to Johnson County on January 13th for a one-day trip to observe the Motorola P25 radio system in operation there. Motorola systems are or will soon be in use throughout the metropolitan area in and around Johnson County, except for Kansas City, KS. Chief Miller commented that Motorola and Johnson County have built an amazing communication system that incorporated several specialized features, such as an uninterruptible, seamless power supply for backup purposes and a "bunker" surrounding the communications equipment for severe weather purposes. Johnson County identified in its planning stages what could be "sacrificed" in the event of a disaster, such as the offices, and what needed to be protected, such as the communications area. The tour was informative and contributed to the group's overall knowledge of P25 systems. Radio Services personnel and I are working with the Refuse Department to move them over to the existing 800 MHz radio system from their own frequency. When the new P25 radio system is installed, Refuse will purchase new radios.

Radio Services has finally been able to start the "second touch" in the Shawnee County 800MHz system rebanding process. Senior Communications Engineer Stan Blanchard and Radio Services personnel have been waiting for several months to start the second phase until the state completed its first phase. Plans called for the Shawnee County trunk system's backbone rebanding to begin on January 31, 2012. Rebanding required as part of the "second touch" process will also include the changing of the operating frequency of two 800MHz mobile repeaters, the replacement of trunk system monitoring equipment, and the reprogramming of all current 800MHz subscriber radios. Rebanding should not impact the day to day radio operations. However, any subscriber radio that has not yet been rebanded will not communicate with the trunk system after the backbone has been upgraded, so any remaining will have to be rebanded. The operating frequency of two 800MHz Mutual Aid repeater systems will also be changed and the trunk system's monitoring equipment will be replaced. The subscriber "second touch" rebanding process removes all NEXTEL frequencies currently programmed into the subscriber radios and changes all of the conventional 800MHz. Mutual Aid and any mobile repeater operating frequencies. Stan indicated that the tentative date to start the "second touch" process on the subscriber units is around the first week in February but indicated that completion date cannot yet be projected.

Congratulations to three Communication Specialists I who successfully completed their nine-month probation and are now permanent employees. Bryan Smart completed his probationary period on January 4, 2012, and Bruce Fox and Kendra Smith completed theirs on January 11, 2012.

Congratulations to CSI Brandy Janeski and her husband, Nick Janeski, on the birth of their first child, Ryder Janeski, born at 17:50 hours on January 20, 2012. Ryder weighed 8 lbs. 5 oz., and measured 22 inches.

Our condolences go to CSII Jamie Ratzloff and her family in the passing of her grandmother on January 8, 2012.

Our condolences also go to CSII Becky Zimmerman in the passing of her grandmother on January 20, 2012.

The few remaining copies of Food from the Heart, a cookbook created to assist in fundraising for the Greg and Melanie Hasselman Fund, are for sale for \$15.00 each at the Topeka Police Credit Union. The cookbook is a collection of favorite recipes of SNSO employees, families, and friends. Cookbook sales have raised more than \$4100.00 dollars so far, according to CSI Sondra Hamilton, who initiated and coordinated the project. Thank you again Sondra for all your hard work!

The Greg and Melanie Hasselman Fund at the Topeka Police Credit Union remains open for direct monetary contributions. The Hasselmans have made several planned and unplanned trips to the Mayo Clinic in Rochester, MN, recently. Consequently, their medical expenses continue to mount. Thanks to all who have contributed and continue to contribute to assist them.

On January 17, 2012, Paul Holland brought several dozen chocolate chip and peanut butter cookies that he and his wife, Ivah, had baked for dispatch. While he was here, he toured dispatch and the Sheriff's Office. Dispatch is very familiar with the Hollands' excellent cooking and baking talents, since for many years they have baked delicious turkeys for each shift at Thanksgiving.

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The Fastest Fingers Awards for December go to:

Overall:	Angelica Huber answered 1660 calls in two seconds or less
1 st Shift:	Brandy Janeski answered 709 in two seconds or less
2 nd Shift:	Kendra Smith answered 840 calls in two seconds or less
3 rd Shift:	Heather Gerhardt answered 596 calls in two seconds or less



Communications answered 28,600 calls in December
14,196 of those were answered in two seconds or less

Great job everyone!

Operations Captain Phil Higdon

It's hard to believe that it is February and we have yet to experience any serious weather conditions (yes it's Kansas so it's just a matter of time). Sorry I just jinxed us, but considering where we were last year I believe the Patrol unit is better prepared for whatever weather conditions come our way. Thanks to the help of Lt. Reynolds, Lotridge, and Sgt. Good for their organizational efforts so that officers can have better access to the agencies 4x4 vehicles.

Recently Deputy Marcus Scheid transferred from the Courthouse Security Unit to Shawnee Heights High School as the new School Resource Officer. Deputy Catlin Johnson requested to be transferred to the courthouse to fill the vacancy and beginning January 30 she will assume her new duties. Deputy Johnson, thank you for all your hard work and dedication while serving on the road and good luck at the courthouse. With all the movement lately in operations, mainly in patrol I asked if there were any volunteers to be reassigned to 3rd shift to fill the vacancies. I personally would like to thank Deputies Jason Mills and Cole Hawkins for volunteering so two officers with less seniority who were going to be bumped could stay on their respective shifts. We may not always agree with one another, but it is nice to see that we care enough for each other to make sacrifices for our fellow officers.

January 21st, 2012 the Topeka Police Department, Shawnee County Sheriff's Office, and the Auburn Police Department assisted the Sunflower Striders in their annual ½ marathon. There were a total of 10 members of the sheriff's office who assisted in the race, 4 posse members, one reserve officer, and 5 patrol officers. Even though the weather was not the best the race went off without a hitch. Thanks to all that helped with the event.

A few Items that are in the works for the upcoming months:

- The District Attorney's Office in the next few weeks will have access to the officers work schedule in attempts to work around officer's days off and vacation schedule when scheduling court dates.
- Cpl. Mahan has been working tirelessly in updating the agencies COOP plan (Continuity of Operations Planning). This is a long process but something that is a must and not only a priority for the sheriff's office, but for the whole county. Even though the plan is not complete Cpl. Mahan has done an outstanding job so far.

Last but not least Deputy Aaron Schmidlein and Colton Johnson are in their final stages of the FTO program. You're getting close, congratulations on how far both of you have come so far. Keep up the good work!!

Community Services Sergeant Todd Stallbaumer

In January Deputy Boyles and Deputy Johnson began teaching 2nd semester DARE classes. Over 275 students from Logan, Pleasant Hill, West Indianola, Rochester, Berryton and Elmont grade schools will receive the 10-week DARE curriculum this Spring.

Deputy Marcus Scheid began his new assignment as a School Resource Officer. Deputy Scheid is assigned to the Shawnee Heights school district. He is transitioning well into his new assignment and he is already building relationships with students, staff, and administrators at Shawnee Heights.

The School Resource Officers at Hayden, Seaman, Shawnee Heights, Rossville and Washburn Rural High Schools are coordinating the S.A.F.E. "Seatbelts Are For Everyone" program this school year. SAFE is a cooperative effort to increase teen seatbelt compliance through positive rewards and enforcement. It is designed to bring awareness to the importance of wearing a seatbelt, therefore reducing the number of motor vehicle-related injuries and fatalities among high school students.

A seatbelt survey was done in the fall at each of the schools to gauge their school's seatbelt

compliance. Throughout the school year students implement an educational campaign.

Students are given safety awareness messages through daily bulletins, posters, channel 1 and school newsletters. Starting in January, students were given an opportunity to sign a pledge card, committing them to wear their seatbelt at all times, making them eligible for that month's prize drawings. Each school receives four \$25 Best Buy gift cards each month for prizes. These drawings encourage participation and keeps seatbelt usage on the minds of students. The Sheriff's Office conducts an enforcement campaign on several occasions near each school to identify violators and "spread the word" throughout the school district and community.

At the end of the school year, there will be a grand prize drawing for two winning schools. The grand prizes are awarded to a couple students at the school that had the highest compliance rate and the school with the most improvement in their compliance.



Investigations Captain Michael Kolbek

Greetings from the Criminal Investigations Division. I hope this edition of the Shawnee County Sheriff's Office newsletter finds your new year off to a great start. As is always the case the workload in the division keeps the officers and civilian employees working tirelessly.

To begin, I want to thank everyone for their efforts these last three years for the work they have done to ensure that we remain compliant with our entire agency written directives. This effort contributed greatly to our ability to provide the needed proofs to the ATU for the myriad of standards that we had

**Agency Vehicle
Accident Reduction
Goal**

In the month of January the agency did not have any vehicle accidents.

to meet for our recent CALEA on site assessment. I had the privilege of showcasing our division to the assessors and to say they were very impressed not only with our unit work areas but our personnel as well would be an understatement. Particularly noteworthy were the positive comments received regarding our property room. A special thank you to Julie Heinrich and Therese Hodges for your efforts each day.

The Offender Registration Unit has moved to its new office space. This area is located where the Process Unit used to be located. The work area was divided in half so as to provide for a work area for the employees, and a separate area where the offenders can be processed. Additionally, the area has a public entrance door eliminating the previous need for offenders to access the secure area of the agency. Their workload continues to grow each day as do their efforts to keep up. We are fortunate to have such dedicated employees in this unit who despite dealing with more of the criminal element each day than anyone else, keep such a good attitude and perform their duties with such passion.

Sgt. Dale of the DEU unit has been selected to receive the Topeka Champion of Character award for demonstrating character that significantly improves the health, safety and quality of life in the community for his work with Drug Endangered Children initiatives. Congratulations Sgt. Dale.

Detectives Kasl and Clemmons have successfully completed their probationary period as Detectives. In addition to his daily investigative duties Det. Clemmons recently completed a course through the American International Institute of Polygraph leading to a certification as a polygraph operator for the Sheriff's Office, a job that has thus far kept him very busy.

Lastly, in reviewing the weekly crime recap prepared for SNSO it always reveals numerous tag thefts that in most cases are from reports filed at the courthouse when citizens come in to the Treasurer's Office to obtain a replacement tag for one lost or stolen. Some of the reported thefts are for just the decal(s) on the tags. It was my understanding that the material used to make the decals made it virtually impossible to remove them intact, however I recently learned that thieves target vehicles that have layers of decals rendering the top layer untorn and possibly reusable if all the layers are removed at the same time. So what can we do to eliminate this you ask? When applying your new decals, remove the old one(s) first and apply the new one directly to the tag surface. This is just one more way to eliminate you from becoming the victim of a crime.

Be sure to check out the Healthy Living section this month also.

Support Services Captain Shane Hoobler

I would like to again thank everyone for all of their help in making our CALEA On-sight a success. We are looking forward to hearing of our success in March. Your hard work is appreciated.

The Records Unit would like to welcome Lezlie Vargas who started on January 30th. The Records Unit has been working hard to learn how KBI wants us to submit Offense reports, and are doing a great job. Congratulations to Juston Drake for being picked up on his 4th season of Storm Riders. He is looking forward to the upcoming storm season.

The Process Unit continues to work through the increased paperwork. A special thanks to Operations for their assistance in getting papers served.

Lt. Vest, Deputy Abby Pipkin and I recently attended the Cooper Institute for Law Enforcement Fitness Specialists. We look forward to helping the Shawnee County Sheriff's Office employees becoming healthy and fit in 2012.

Leading Causes of Death in the U.S. Today (Data from CDC and AHA)

MEN

1. All Cardiovascular Diseases (MI, Stroke, CHF, etc.)
2. All Cancers
3. Accidents
4. COPD (Chronic Obstructive Pulmonary Disease)
5. Diabetes Mellitus

WOMEN

1. All Cardiovascular Diseases (MI, Stroke, CHF, etc.)
2. All Cancers
3. COPD
4. Alzheimers Disease
5. Diabetes Mellitus and Accidents (tie)

NOTE: It is important for the average person to understand how to accurately determine his/her level of fitness/wellness and be able to analyze those factors which influence total well-being. Total well-being translates into the manifestation of positive lifestyle behaviors and the practice of good health habits.

What can be done to improve your position on the wellness continuum?

Dr. Kenneth H. Cooper's 12 Ways to Improve the Odds for a Lifetime of Good Health:

1. Stop-Drugs, Smoking and Chewing Tobacco
2. Limit Alcohol
3. Exercise Regularly
4. Eat Less Animal Fat, Cholesterol and Sodium
5. Eat More Complex Carbohydrates and Drink More Water
6. Achieve and Maintain Ideal Body Weight
7. Take Appropriate Supplements
8. Fasten Safety Belts
9. Limit Sunlight Exposure or Wear Sun block
10. Get Immunizations
11. Obtain Good Prenatal Care
12. Get Regular Medical Check-Ups and Self-Exams



This past Christmas I and my family traveled to Camp Lejeune, NC to welcome my son home from Afghanistan. As we were traveling east on I-70 about 60 miles west of Columbia, MO I had a check engine light come on in my truck but it continued to run fine. We decided to stop at a dealership in Columbia and have them take a look at it. While waiting for the service department to complete their checks I began to feel ill. Not what I would describe as a “typical” illness rather one that I had never felt before including just being uncomfortable while sitting. I blew this off figuring that if all else fails my wife could drive and we could continue our journey. A short time later I did begin to feel better. A few minutes later I began to feel “ill” once again only this time I felt it necessary to seek medical attention after my vehicle was out of the shop. I asked directions to the nearest hospital and waited for the service department to finish. Again I began to feel much better. I sat patiently in the waiting area of the dealership and again began to feel as though I was truly sick. The feeling is hard to describe but the primary feeling was one of overall discomfort and the feeling we have all felt at one time when we begin to develop flu symptoms, including sweating and slight nausea. It was at this point that I began to feel chest pains that I can only describe as like someone ripping my heart apart. 911 was called and very soon after an ambulance and very large aerial fire truck arrived. I was administered some medication, an IV started, vital signs taken, etc. I was transported to the local hospital and after much poking and prodding it was determined that a heart catheterization would be performed. This procedure resulted in discovering that I had a 95-99% blockage in my left anterior distal artery just below the circumflex artery. This type of blockage was described to me as the “widow maker.” I’m not a medical professional but this simplistic descriptor pretty much describes the severity of the blockage. After the necessary angioplasty and stent placement in my heart I was returned to my room to begin my recuperation.

I learned through this experience that I have moderate heart disease....a disease that in my case I had control over but instead chose to continue to smoke, not exercise properly, and eat pretty much anything I wanted resulting in a body weight well over what it should be without regard for the medical implications. So, why am I sharing this story with all of you? For the most part I wake up each day feeling good, living life full of energy. The cigarette smoking never resulted in me waking up hacking and coughing, nor did I find myself out of breath very often. The two step process of tying each of my shoes I believed could have been attributed to many things....certainly not my health. Man could I tear up a 16 oz. rib eye steak fresh off the grill.....Let me begin to tell you how wrong I have been and almost paid a hefty price for my lack of self maintenance. The cigarette smoking damaged the walls of my arteries, and the poor diet and exercise resulted in the formation of cholesterol to the extent that one of my main arteries in my heart became almost completely blocked, and certainly my weight contributed as well.....**all of which I have had control over my entire life but instead chose to ignore them.** Many develop heart disease due to other factors that they do not have control over. A family history of heart disease, diabetes, and even the structure of the arteries making them prone to developing blockages contribute to the development of heart disease. Even your age and gender can influence your susceptibility to developing this potentially life threatening disease.

This has been an eye opening ride for me the last month. A ride that has resulted in several changes in my lifestyle, including taking several medications each day likely for the rest of my life. I exercise three days a week, and eat fruits and vegetables like there is no tomorrow (likely if I did not). I am giving the smoking up, although it is one of the most difficult things I have ever done, but do intend to join the ranks of the nonsmokers. My cardiologist told me “all of my patients quit smoking one way or another.” Point taken. Fortunately I did not have a heart attack and according to the doctor there is a high likelihood of a complete recovery without any lasting effects. In other words, I can live my life to the fullest without any physical limitations if I chose to do what I now know I need to do.

One other thing.....the service department said they could not find anything wrong with my truck. We continued our trip to North Carolina and welcomed my son home on Christmas morning, a Christmas that will be hard to “beat” (pun intended) in the future.

SAFEST CAPITAL
CITY TEAM



THERE WERE

29000

AUTO-RELATED PROPERTY CRIMES IN SHAWNEE COUNTY IN 2010

That is one crime every three hours.

555
Auto Thefts

LOCK your car and close the windows.

PARK in well-lit areas.

USE tamper resistant screws for your license plate.

KEEP valuable personal items in your trunk, not in your front seat.

DON'T leave keys in the vehicle or leave the car running while unattended.

758
Plate Thefts

1589
Vehicle
Break-Ins

This message brought to you by:
www.SafeStreets.org



REMOVE

your old annual renewal sticker and apply your new one directly to the metal license.

Once you've put your sticker on your license plate,

SLICE it from top to bottom with a sharp knife.

SAS

NOV
11

RAS