



MNPD NEWSLINE

THE OFFICIAL EMPLOYEE NEWSLETTER OF THE MNPD

July 18, 2008

News from the Chief

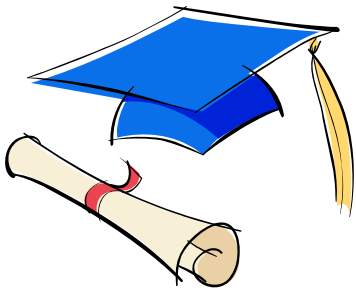
Thursday night's graduation ceremony for Recruit Session 57, the largest MNPD graduating class in more than five years, was a very special standing-room-only event at Tusculum Hills Baptist Church (which I am told seats more than 800 persons). Some of our veteran officers had a keen interest in last night. Commander Bob Nash's son, Andrew, Sgt. Marvin Keith's son-in-law, Caleb Foster, and Officer Crystal Smith's stepson, Brandon, were among the 46 new Metro officers receiving their badges and taking the oath of office. Seated in the choir loft of the church were the 41 Metro members of Recruit Session 58, who have now completed their 7th week of training. They will graduate in October. Also in October, Session 59 will begin with an anticipated 40 trainees. I am very grateful to the staff at the academy for the quality instruction and preparation given all of our trainees.

In the near future, it appears that officers will be able to receive required oil changes for police cars from community-based quick lube shops. Fleet Management reports that bids from vendors will soon be accepted. It is anticipated that there will be a minimum of 35 quick lube locations across the county that will be authorized to perform oil changes on police vehicles. This will be for "Schedule A" oil changes only. "Schedule B" and "Schedule C" maintenance work will continue to be performed at the Metro Garage. You will receive more information about this once Fleet Management finalizes the planning.

Officers are reminded to be mindful of gasoline prices when refueling police vehicles. Prices can vary at stations within eyesight of each other. The lower the price at the pump, the less cost to Metro. Fleet Management reports fuel from Metro pumps costs the government the least.

Thank you all for your dedication, hard work, and making a difference for Nashville's families and visitors.

Happenings



Mayor Karl Dean administers the oath of office to Session 57



Session 57 receive instruction on DWI detection and field sobriety testing.



Members of Session 58 assist North Precinct Detectives with an article search.

Morning Star Golf Classic

The annual Morning Star Sanctuary Golf Classic July 10, which benefits the domestic violence shelter and wounded Metro Officer Danita Marsh, was a huge success. A record number of teams participated raising a total of \$60,000!

Half of the proceeds from the golf tournament will help support Officer Marsh and aid in her long-term recovery from the paralyzing gunshot wounds she received on October 27, 2006, while assisting a domestic violence victim. The other \$30,000 will help fund the work of Morning Star Sanctuary, which provides a confidential shelter in a home-like environment to women and their children who have fled from domestic violence and abusive relationships. The shelter also makes available 24-hour crisis line counseling, legal advocacy, individual adult and children's counseling, weekly support groups, and a mentoring program.

Thanks to all who participated and made this event possible.

Central Precinct Officer Stephen Haines retires after 35 years of service



Pictured (l-r) are Central Precinct Commander Damian Huggins and Officer Haines

During a one-on-one basketball game at FOP camp last week, old school K-9 Officer Randy Jones defeated East Flex Officer Derrick Keeler, who is 20 years his junior, not once, but twice!



Basketball \$12 dollars
NBA-style sweat bands \$18 dollars
Good sportsmanship and *those* socks...priceless.

The Precinct News

Hermitage

Heads-up police work by Hermitage Precinct Flex Officer Edward Holliday led to the arrest of a 15-year-old car thief and the recovery of a stolen duty pistol belonging to a Tennessee State Trooper.

Officer Holliday was checking the parking lot of Berry's Pawnshop at 1001 Murfreesboro Pike when he saw two persons sitting inside a black 1996 Honda Accord. Holliday walked up and began talking to the 15-year-old driver, who was fidgeting and pulling down on his shirt. Holliday asked the teen if he was armed. The 15-year-old acknowledged that he was, and surrendered a pistol bearing the markings of the Tennessee Highway Patrol. The gun was stolen from a trooper's Clarksville home during a burglary over the weekend. The Accord had been stolen from the Nashboro Village area a short time before Officer Holliday spotted it in the pawnshop parking lot.

The 15-year-old was booked at Juvenile Detention on charges of auto theft, theft of the gun, unlawful gun possession, and driving without a license. A teenager in the car with the 15-year-old was not charged.

South

South Precinct detectives Monday night charged a 25-year-old drug dealer with aggravated child neglect for bringing her infant son along as she sold cocaine from a parked car on 2nd Avenue South.

Acting on a tip to the police department's 244-DOPE hotline, undercover detectives set up surveillance outside 1066 2nd Avenue South, where drug sales were supposed to be taking place. A police operative approached a car parked in front of the residence at 8 p.m. and bought \$20 worth of crack cocaine from Georgia Reece Alexander. When officers moved in, they found Alexander's eight-month-old son asleep on the lap of a man in the car with Alexander. During the arrest process, Alexander expressed no remorse or concern for her child. The cocaine sale took place less than 500 feet from Cameron Middle School. Recovered from the vehicle were 1.6 ounces of crack, one-half gram of powder cocaine, four grams of marijuana, and two Ecstasy pills.

Alexander is charged with selling cocaine in a drug-free zone, possession of cocaine for resale in a drug-free zone, marijuana possession, Ecstasy possession, possession of drug paraphernalia, and aggravated child neglect. She is being held in lieu of \$66,000 bond.

The man in the car with Alexander was also charged. Brodney Wallace, 19, on whose lap Alexander's son was sleeping, is charged with possession of cocaine for resale in a drug-free zone, possession of marijuana, possession of Ecstasy, and possession of drug paraphernalia. His bond was set at \$26,000.

Custody of the eight-month-old was assumed by the child's grandmother.

East

A man was arrested shortly after he carjacked an elderly woman in the Walgreen's parking lot at 3500 Gallatin Pike.

The 67-year-old victim was putting her groceries into her car when David Sanchez Mendez, 23, demanded her money and keys at gunpoint. When she refused, he pushed her to the ground and drove off in her 1994 Cadillac.

A short time later, East Precinct Detectives Joe Batey and Brian Brown spotted the suspect car on Ellington Parkway. Mendez was taken into custody 15 minutes after the robbery.

Mendez, a convicted felon who has been arrested 15 times on 43 offenses, admitted to the robbery. He has convictions for drug possession, theft, DUI, and assault. Mendez is being held on \$110,000 dollars bond.

East Precinct detectives this afternoon charged 15-year-old Kendell Edward Johnson with criminal homicide for the June 17 shooting death of Allied Cab Driver Hassan M. Osman outside Osman's 606 Lenore Street home. Osman was killed while walking to his front door after parking his cab on the street.

The investigation by Detective Bill Stewart led to witnesses who identified Johnson as the shooter. Johnson, who refused to be interviewed by detectives, is believed to have killed Osman while trying to rob him.

North

Quick action by North Precinct Officer Jeremy Stricklin resulted in the arrest of two persons suspected in a series of North Nashville robberies.

Jonathan Armstrong, 20, of Village Trail, and Donta Waggoner, 16, of Kingston Street, are each charged with aggravated robbery.

The two are suspected of cutting off motorists on Clarksville Pike at Stenberg Road, Old Hickory Boulevard at Clarksville Pike, Brick Church Pike at Brick Church Drive, and Ewing Lane at Knight Drive between 2 a.m. and 3:50 a.m. Victims reported that one or two armed men got out of a dark sedan and demanded their belongings.

Just before 4 a.m., Officer Stricklin spotted the suspects' vehicle on Rowan Drive. As he followed the car waiting for backup, three persons suddenly bailed out and the vehicle rolled into a fence on Cravath Drive. Minutes later, Waggoner was arrested while hiding underneath a car in the 700 block of Rowan Drive. Armstrong was apprehended in a creek bed by police dog Zak and his partner, Officer Steve Coleman.

A citizen's tip to North Precinct detectives led to the arrest of Leslie Tharpe II, 19, of Singer Avenue, who is charged in the July 10 shooting inside Rivergate Mall.

North Flex and Special Response Team officers took Tharpe into custody without incident outside a residence in the 1800 block of Meade Drive. Tharpe and his 21-year-old girlfriend, Larossha Warner, were inside a parked Ford Explorer. Seized in a subsequent search of the SUV were a handgun and 12.3 grams of cocaine.

During interviews with Goodlettsville and North Precinct detectives, Tharpe admitted the cocaine and weapon were his. Warner admitted that she and Tharpe were at Rivergate Mall July 10 and got into an argument with three men. She said Tharpe fired shots toward the men. One of the bullets struck a plate glass window. No one was injured in the melee.

Goodlettsville police have charged Tharpe with three counts of aggravated assault, felony reckless endangerment, felony vandalism, unlawful weapon possession, and felony cocaine possession. He is being held in lieu of \$200,000 bond. Tharpe's arrest history reflects drug possession and evading arrest convictions.

West

West Precinct detectives arrested Kenneth James Watkins for the June 7 shooting death of Michael S. Mayfield in the Andrew Jackson public housing development on 16th Avenue North.

Witness information and investigation by Detective William Turbeville led to the identification of Watkins, 47, who is believed to have killed Mayfield, 37, as the result of a drug-related argument at 12:40 a.m. Watkins' arrest history reflects that he has been charged with 100 offenses since June 1985.

Central

A joint effort by Central Precinct detectives and Flex officers led to this afternoon's arrest of Marcus Frame, 45, of Wheless Street, who is charged with robbing a man July 1 on Jefferson Street near 11th Avenue North.

Detectives identified Frame as the person who struck the victim as he stood talking to a woman at 11:30 p.m. He stole cash from the man's pocket and fled on foot. Flex officers located Frame and took him into custody without incident. During an interview, Frame admitted to the crime.

Frame is charged with robbery and is being held in lieu of \$25,000 bond. He has been arrested 54 times on a variety of offenses including assault, drug possession, gambling, and robbery.

Aviation Unit

The keen eyes of Metro Police helicopter pilot Johnny Hansel led to the seizure of 44 marijuana plants with a street value of approximately \$35, 200.

Officer Hansel spotted the grow operation today in a wooded area in the 1100 block of Cheyenne Boulevard in the Madison area. The plants were pulled by ground officers.

The Aviation Unit performs routine patrols during the marijuana growing season to search for suspicious activity on the ground.



Officer Hansel pictured with the seized marijuana plants

**The following officers in the Field Operations Bureau were chosen
Patrol, Police, Investigator of the Month, and Special Operations
Officer of the Month for June 2008**

Patrol Officer of the Month

South Precinct Officer Charles McEachron

Police Officer of the Month

East Precinct Officer Darryl Morton

Investigator of the Month

Hermitage Precinct Detective Gregory Jennings

Special Operations Officer of the Month

Canine Unit Officer Jerry Denton

Investigative Services Officers of the Month for June 2008

Specialized Investigations Detectives Michael Gooch and Gerald Hyder

Congratulations:

Officer Justin Pachiarz, North Precinct, is the proud father of Caitlin Alyssa, born July 3.

Officer Phillip Murphy, Hermitage, and his wife Renee, are the proud parents of Makayla Jordan, born July 10.



Condolences:

Mr. Ewing Shearon, Jr., father of Sergeant Kevin Shearon, North Precinct, passed away July 6.

Doris Ann Matthews, mother of Officer Tim Matthews, passed away July 7.

Jimmy Tuberville, father of Officer John Tuberville, North Precinct, sister of Alberta Harrison, retired Identification Unit, and brother-in-law of Gail Tuberville, Central Records, passed away July 9.

Socorro Roque, the mother-in-law of Property Guard James Craighead, passed away July 9.

Talmadge Sutton, grandfather of Property Guard Charles Hibbard, passed away July 10.

Helen Annette Skinner, the mother of Sgt. William Summerlin, South Precinct, passed away July 16.

FYI:

MNPD Wellness Tip-off Tip-off for the week

Eat Heart Smart: Check serving sizes on food labels. Some relatively small packages claim to contain more than one serving, so you have to multiply the nutrition numbers if you're planning to eat the whole thing. A 20-ounce bottle of Coke, for instance, says 100 calories, but that's for 8 ounces (the bottle of soda actually has 250 calories). Similarly, the label on a muffin, frozen entrée, or even a small bag of chips may say two or three servings.

Choose to Move: Work out in the garden. Use an old-fashioned lawn mower and you'll burn 420 to 480 calories an hour—as much as you would playing tennis. Spading, lifting, tilling, and raking can improve muscle tone and strength. Even the less strenuous forms of garden upkeep—weeding, trimming, raking—can burn about 300 calories an hour, if you work energetically at a constant pace.

Source: UC Berkeley Wellness Made Easy, 365 Tips for Better Health, 2005.

NFD/MNPD Wellness Initiative

Tara Beever, MS, ACSM Certified H/FI and Sarah Vaughn, RD, LDN

For more information, please call (615)-340-0466

The 411 on Weight Loss

Successful weight loss starts with a lifestyle change. Think of your body as a car: it needs to be refueled, engine pumping to drive, and have frequent visits to the repair shop for a tune up. Same as a car, you need to eat healthy food to fuel your body, exercise to get your heart pumping and stay in shape, and make annual visits to your doctor to make sure your body is running well.

What should a diet look like for weight loss? Have a diet rich in whole grains, fruits and vegetables, lean meats, and low-fat dairy. No more than 35% of total calories in a day should come from fat.

Estimated amount of fat grams:

40-80 grams of fat for men daily

30-60 grams of fat for women daily

Go over this amount and it will turn into excess calories in your day. A safe weight loss is $\frac{1}{2}$ pound to 2 pounds per week. By creating a 500-1,000 calorie deficit along with increasing physical activity, you will see a slow and steady weight loss. Visit a Registered Dietitian for an individualized plan that will help you be successful in weight loss. Get active outdoors this summer or become a member to a gym. Have a partner to help keep you motivated and go for a walk. The possibilities are endless!

By: Sarah Vaughn, RD, LDN