

THE SHIELD



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Tulsa County Sheriff's Office

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Our Holiday Community Events!



Christmas at Chandler Park

Captain Bill Bass donned his Santa suit for a third year, to provide free pictures with Santa for over 100 children. Every child who attended received a candy cane and a toy.



Mike Clancy Toy & Food Drive

Sgt. Bob Darby would like to thank the many employees who helped to raise money and collect toys for our annual drive. We were able to help 50 families this year through the generosity of so many businesses and individuals. Each family was given a gift certificate for food, along with clothing and toys for the children. Bonnie Fidler, Christina Belda and Debbie Benight helped with the shopping for the families and numerous employees gave their time to attend the 'wrapping' parties. This worthwhile event could not happen without so much support and dedication from our office's employees. In these difficult times, we wish to thank all of you who participated for keeping the giving spirit alive!

* Deputy of The Year *

Nominations are now being accepted for 2009 Deputy of the Year. Please submit your letters, along with any documentation regarding the applicant, to Undersheriff Edwards and a copy to LeAnna Cook, at the Faulkner Building, lcook@tcso.org<mailto:lcook@tcso.org>. The deadline for 2009 Deputy of the Year nominees is February 19, 2010 at 5:00 pm. Sertoma Clubs of Tulsa will make the choice from our three nominees and honor the winner at their Tulsa Area Banquet for Law Enforcement on March 23, 2010. Details will follow in the next Shield.

* Reserve Deputy of The Year *

Nominations for 2009 Reserve Deputy of the Year are also being accepted. Please submit your letters as soon as possible, along with any documentation regarding the applicant, to Sergeant Randy Chapman, Reserve Unit, at the Faulkner Building, rchapman@tcso.org. Details will follow in an office-wide e-mail and the next Shield.

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Sheriff's Corner

by Sheriff Stanley Glanz

This past month we lost one of our most valued Reserve Deputies. Jim Wolfe was a huge asset to our office. He was diligent in his work as an Investigator, where Jim was known to spend eight or more hours a day focusing on his cases. In addition to his expertise in the area of Criminal Investigations, he served as an appraiser for the office over the past few years. Jim will be greatly missed.

On December 7, 2009, Mayor Dewey Bartlett was sworn in to office. I welcome Mayor Bartlett and look forward to working with him and his new administration.

The Mike Clancy Toy & Food Drive was once again a success due to the generosity of those who gave their time wrapping gifts and those who bought gifts to give to families in need during Christmas. Even when the economy is not faring well and we are all feeling the financial strain, it is important to keep an open heart and give back to the community as much as one can.

Congratulations to everyone who was honored with an award this year during the awards ceremony held at the jail on December 22nd. I am proud of each of you and the excellent job that you have strived to achieve during the year 2009.

Enclosed with this month's pay check you will find the Executive Summary 2005-2010. The Executive Summary is a summarization of plans, proposals and recommendations that were submitted by TCSO personnel as a part of our Long Range Plan, FOCUS 2020, planning for the future of Law Enforcement. Also included with this month's pay check is the TCSO 2010

calendar, themed with emphasis on the future goals and direction of our office. Deborah and I wish you a most wonderful Christmas and it is my hope for all of you that the New Year brings with it much happiness and peace for you and your family. Enjoy your time with your family!

FOR THE RECORD



Passings

Jim Wolfe

1938 - 2009





Picture: Left to Right: Reserve Deputy Jim Wolfe, Sgt. Gary Frazier, Capt. John Bowman

'Hello Darlin'

This familiar phrase made popular by Conway Twitty was also Jim Wolfe's well-known 'Hello' to his female friends! His shy smile and kind heart endeared him to all of us. Jim began his career with the Sheriff's Office as a Reserve Deputy in January of 1995. He could always be spotted at the Tulsa State Fair, memorializing each year with photographs of our deputies and fair events. Jim's passion, though, was working with our Criminal Investigations Unit. Jim was infamous for his ability to seek out and recover stolen property, especially large equipment and farm vehicles. He was named Reserve Deputy of the Year for 2005 by our office and, between 2006 and 2007, Jim recovered more than \$400,000 worth of stolen property.

Another one of his monumental achievements was receiving the National Sheriffs' Association Award of Merit in 2008.

On December 11, 2009, we lost a great friend – many of us will not only miss his presence but the extraordinary contribution to the Sheriff's Office.

The loss of Jim and his commitment to our office diminishes all of us!

Chaplain Nelda Bloom

••• Our History •••

TCSO History

By Retired Sgt. Lyndall Cole
TCSO Historian

“Illicit Love”

Part 1

Just past midnight on a Wednesday morning, April 17, 1929, Mrs. Frost was lying in her bed when she heard a knock at the front door of her home in Bixby. From her bedroom, she asked who was there, then heard someone at the front door reply, “We’re looking for Sam Frost’s home.” Again, Mrs. Frost asked who was there. “We want to see Frost,” was the only reply. Mrs. Frost woke her husband, Sam, and he got out of bed to see who was at the front door. Sam turned on the light as he opened the front door and said to the person outside, “Hello, I didn’t expect to see you here at this time of night.” The next sound heard was a gunshot. Mrs. Frost got out of bed and went to the front door, finding her husband lying just outside the screen door, shot. She looked out towards the road just in time to see a man get into a waiting car and drive off towards the west. Sam Frost died almost immediately, without being able to tell his wife who

had shot him.

Mrs. Frost called her neighbors for help, and they notified Bixby’s town marshal, John Sherill. Marshal Sherill notified the Tulsa County Sheriff’s Office and Chief Criminal Deputy John Evans, Deputies Hans Carter and Forest Kramer responded to the Frost home. After investigating, the deputies’ only clue was the car Mrs. Frost had seen driving west out of town. She told deputies that she had seen two people in the car, the suspect who had shot her husband, and the second person who had been waiting in the car for him. Bixby’s night watchman, A.C Bradley also heard the gunshot, and noticed the same type of car, as described by other witnesses, driving through Bixby a short time later. Other witnesses described the same vehicle, when they informed deputies about a car they had seen driving by the Frost home two different times earlier Tuesday afternoon. The deputies could not immediately determine any motive for the murder, no one knew of any

enemies Sam Frost might have had, but within three hours, they developed a suspect, and a motive.

The following Thursday, Sam Frost, husband and father of 10 children, was put to rest. This same day, county deputies informed the press that they knew the motive for the murder, and were attempting to locate a suspect. Although the deputies would not name the motive until the suspect was apprehended, there were hints that a woman was involved and that the murder was motivated by revenge. Chief Criminal Deputy John Evans informed the press that the suspect’s name was known to deputies, but in order to keep his identity a secret, a “John Doe” warrant had been issued by the Tulsa courts. Sheriff Charles Price requested authorities in Wewoka, Oklahoma to help apprehend the suspect in Frost’s shooting, but by the time they were notified, the suspect had already fled to Eufaula.

Farewell Jim, Our Dear Friend

Jim Wolfe never paused when asked what his goals were in the Criminal Investigations Unit. He told me his goal was to set the standard for the amount of work done in the Unit. And, every day, he came to work to do that very thing. Jim was normally assigned property crimes which, by their nature, are difficult to solve due to lack of witnesses. Jim regularly beat the odds and solved those cases. He had an unequalled network of informants, private business sources and law enforcement friends whom he used to solve far more cases than should have been possible.

Jim became the regional expert on heavy equipment thefts. Law enforcement officers from many states (and federal agencies) sought him out for assistance. A few months ago, I saw a young man spending the day with Jim. I asked who it was and learned it was an FBI agent who had asked to spend some time with Jim. That agent called me and told me that Jim had been mentoring him (Mentoring FBI agents – not bad for a

Reserve Deputy). TPD officers regularly rode with Jim, as did law enforcement officers from surrounding counties. Jim was the go-to guy when you wanted to learn how to investigate heavy equipment thefts.

Jim aggressively pursued criminals. But if he thought a young first-timer

might be able to turn his life around, Jim would find the kid a job when he got out. Jim brought humanity and compassion to this often difficult job.

Jim was a “reserve” deputy in name only. He was a Tulsa County Sheriff’s Office Detective. He handled a full load of cases and was also regularly tapped to photograph crime scenes. He worked everyday, all day long. He was the first to volunteer for an assignment and the last to leave. And he did it all for no pay. Jim loved the Sheriff’s Office and his fellow deputies. I’ve been asked how we can replace Jim - we can’t. He was that one-in-a-million mix of street savvy, work ethic and experience that comes along all too rarely in this day and age.

Our heartfelt sympathy goes out to his wife and family. Thank you for letting us share in the joy of knowing him.

*Capt. John Bowman &
The Criminal Investigations Unit*



SHOP WITH A COP



'Tis the Season to join up with the Bixby Rotary Club and the Bixby Police Department to, once again, present 'Shop With A Cop'. Several of our deputies assisted to help 52 children receive a Christmas this year. This program allows underprivileged children to also meet law enforcement officers in a positive light. The officers went shopping with the kids at Wal-Mart in Bixby, allowing them to get to know the officers, along with providing an opportunity to choose gifts for their family members. Sgt. Bob Darby would like to thank the following deputies for their dedication toward this effort: Reserve Deputies Richard England and Joe Walker, Deputies Sue Nye, Joe Byars and Justin Tesson.



News from the Quartermaster

The Sheriff's Office has elected to develop a more centralized quartermaster system for the convenience of its employees. The quartermaster's office, located at the Faulkner Building, will stock all issued equipment for the certified deputies. The quartermaster's office in the DLMCJC facility will stock all the issued equipment for the detention staff and the class 'B' uniforms available for certified deputies. After initial employment with the office, if an employee needs to exchange an item or acquire new, they must bring in their old issued equipment. If additional equipment is needed for a specific job function or items were not available during the employee's initial disbursement, they may acquire those items by notifying the appropriate quartermaster. If an employee requires a specific size and it is

not a stocked item, the quartermaster will order the specific size and notify the employee once the items arrive. If you are in need of additional uniforms in the near future – please do not hesitate to stop by your respective quartermaster and give them the size of uniform or equipment needed. The following list includes the main items the quartermaster at the Faulkner Building will stock or order for you: Class A uniform trousers and long/short sleeved shirts, jackets with zip out liners, rain jackets, leather accessories for duty belt, duty belt and underbelt, collar brass TCS, sergeant and corporal chevrons, captain bars, cloth sergeant and corporal chevrons, aluminum ticket book holders, gun cleaning kits, hawk lapel microphones, handcuffs/legcuffs and M-3/Stinger flashlights and batteries.

HONORING LAW ENFORCEMENT

Sgt. Paul Tryon and retired TCSO Sgt. James Lewis attended the Inaugural Hall of Fame Induction Ceremony for the Oklahoma Law Enforcement Museum and Hall of Fame in Chandler, OK. Legendary pioneer Oklahoma lawmen and former U.S. Deputy Marshals Bill Tilghman, Chris Madsen and Heck Thomas were posthumously inducted. There were four, more recent, former Oklahoma lawmen inducted including: Robert Macy, former Oklahoma City police officer and long time Oklahoma County District Attorney; Richard Boyd, retired Oklahoma City police lieutenant, past FOP President for Oklahoma City and the State of Oklahoma, 1983-1987 National FOP President; Roger Webb, former Commissioner of Public Safety; and posthumously inducted, Robert Lester, retired OHP Trooper and Commissioner of Public Safety. The museum is still under construction in Chandler, but hopefully will open next year. Lifetime membership applications for \$250 are open to all active or retired law enforcement officers. This includes an Oklahoma Order of the Golden Shield Badge and Bill Tilghman Order of the Golden Shield challenge coin, along with lifetime admission to the museum. Annual membership of \$25 is open to anyone and includes annual admittance to the museum.



HAPPY NEW YEAR

TO ALL OF OUR FRIENDS,
FAMILY & ASSOCIATES!

A HOLIDAY SURPRISE!

As we celebrate the holiday season, here are some surprising facts about Chocolate. Chocolate is good for you, and while your doctor might not recommend that you take two candy kisses and call him in the morning, he may tell you that eating chocolate could actually lengthen your life. A complex food with more than 300 compounds and chemicals in each bite, chocolate – specifically, dark chocolate – contains many of the health benefits of dark vegetables. The flavonoids in dark chocolate act as antioxidants, which protect the body from aging and protect against the damage that leads to heart disease. Flavonoids also aid in relaxing blood pressure through the production of nitric oxide, and balance certain hormones. Eating a small bar of dark chocolate can help your heart and cardiovascular system run smoothly. The flavonols in dark chocolate help to keep the arteries from clogging, promoting healthy blood pressure and reducing the risk of heart disease. In addition to reducing blood pressure, dark chocolate has also been shown to reduce LDL cholesterol – the bad kind – by up to 10 percent. Dark chocolate has other body benefits. Besides tasting good, it stimulates endorphin production, which results in feelings of pleasure. It also contains serotonin, which acts as an anti-depressant, and natural stimulants such as theobromine and caffeine – small doses do not cause nervous excitability as coffee sometimes does. Chocolate is a high-calorie, high-fat food, and most studies recommend no more than 3.5 ounces of dark chocolate per day to get the most health benefits. One bar of dark chocolate has about 400 calories, so cutting back on other sweets or snacks

to keep your total caloric count down is a good idea.

Other dark chocolate health tips and facts: Hold out for dark chocolate, as milk chocolate and white chocolate do not have as many of the antioxidants that are found in dark chocolate. Pure dark chocolate or dark chocolate with nuts, orange peel or other flavorings is best. Caramel, nougat or other fancy fillings just add sugar and fat, and erase many of the health benefits of the chocolate. Drinking milk after eating dark chocolate could prevent the antioxidants from being absorbed or used by the body. Even the smell of chocolate is good for you. The aroma can increase theta brain waves, beneficial in relaxation. Drinking a cup of hot chocolate before meals may actually diminish the appetite. Many myths about chocolate are just that.

Studies show that chocolate is not a causative factor in acne. Chocolate is not addictive, and it does not make one 'high' – in fact, you would need to eat about 25 pounds of it at one sitting to feel any noticeable effect. Men who eat chocolate live a year longer than those who don't. Diabetics should confine themselves to sugar-free chocolate. It may be harder to find, but it is available. Those who suffer from chronic fatigue syndrome may want to avoid chocolate, since the stimulating effect on the brain and body can be followed by a sugar low. In the long run, the health benefits of dark chocolate should not be used as an excuse to indulge. Remember, just because it's good doesn't mean it's bad for you. Enjoy!

Courtesy of Vintage magazine



VINCENT'S VIEW

• A Christmas Carol •

Starring: The Voice of Jim Carrey

by Detention Officer Vincent Fesler

I know what you're thinking, reviewing a Christmas movie for December, how cliché, but Hey!!!, 'Tis The Season! If you liked The Polar Express, you'll like this movie, especially if you see it in 3-D. Everybody knows the story, but like all traditions, you can't escape it. Whether it's the one with Alister Cook, or the one with Patrick Stewart, or the rendition with Bill Murray, this is one you will not mind seeing. In case you don't notice it, Mr. Carrey voices more than one character, so listen and see if you can figure out which ones. If you're having problems getting into the Christmas

spirit, go see this movie. I guarantee that when you leave, you'll feel just a little bit more 'Christmasee'. So leave your stress at the door, have a very Merry Christmas, and go see a movie.

