# June 2017SHEATUREVILSA NO. 6Tulsa County Sheatiffs Office

ENFORCEMENT MEMORIAL

#### National Police Week was May 14th – 20th. Every year we are reminded of the difficulties of doing our jobs. National, State and local FOP and Law Enforcement agencies pay tributes to officers who made the ultimate sacrifice. This year our memorial service was on the May 18th at FOP #188 memorial site at Chandler Park. There has been 12 brave, dedicated individuals that have lost their lives serving Tulsa County over the past 100 years. These officers are admired and respected and are honored each year, in a service put on by the FOP #188 and Tulsa County Sheriff's Office.

This year's memorial guest speaker was Matt Pinnell. He is the State party Director of the Republican National Committee (RNC). Pinnell serves as the chief liaison between the RNC and State parties. Pinnell spent three years in Washington, D.C., in the field of grassroots advocacy and legislative affairs for the American International Auto Dealers Association (AIADA) and the American Association of Orthopedic Surgeons (AAOS). He is a former campaign aide to U.S. Congressman Steve Largent, Oklahoma Attorney General Scott Pruitt, and U.S. Senator Tom Coburn, M.D. He spoke of the risks of an officer's everyday life, and the sacrifices that he or she takes each and every day. He also stated that there seems to be a trend against Law Enforcement officers doing their job. Hopefully, this will change, with the current President who is strongly supportive of law enforcement. He talked of the dedication of Law Enforcement officers and told the story of Wesley Cole and his ultimate sacrifice in the line-of-duty.

The memorial started with the traditional bagpipes by Bill Tetrick and the City of Tulsa Pipes & Drums, and then a helicopter fly over

put together by Reserve Deputy Greg Merrill, which made for a touching moment. FOP President Paul Tryon introduced several steps of the service which included songs of inspiration by Jonathan and Amanda Foyil. The Tulsa County Mounted Patrol rode up on their horses and a rider-less horse. The posting of the colors was done by the Tulsa County Honor Guard and Owasso Honor Guard. Prayers were given by the Tulsa County Chaplains, then a Memoriam was also added for the Tulsa County employees who passed in the last year.

Finishing the ceremony with Bugle Taps by Bill Goswick and fading out with Bagpipes. Tulsa County FOP #188 and the Tulsa County Sheriff's employees along with the Tulsa County #188 FOP Auxiliary and all special guests gave a respectable well deserved memorial. May all officers be safe and may we never have to add another name.



\* \* \* \* \* \* \* \*

## LAW ENFORCEMENT MEMORIAL

Thank you to everyone who participated today's FOP #188 & TCSO 2017 Law Enforcement Memorial. It was a touching tribute to the 12 brave men who lost their lives while protecting the citizens of Tulsa County since 1909



































"Tim Stafford Unsung Hero Award" winner, Dep. Green carrying the Flame of Hope into the arena for the opening ceremony. Green received the honor for his dedication to the Oklahoma Special Olympics.

# 2017 TORCH RUN

May of 2017 marked 48 years of Oklahoma Special Olympics Summer Games. The Oklahoma Summer Games are the largest in North America. This year over 5,000 athletes participated. For the last 34 years Oklahoma State University in Stillwater has been the home of these games every May.

Staff and hundreds of law enforcement volunteers were on hand to make sure athletes have three days full of competitions, Olympic-style ceremonies, Olympic Village, food, housing and many fun activities.

Athletes start arriving in Stillwater on Wednesday morning. They come to Summer Games after they have completed competitions in the their local areas. TCSO once again participated in the annual Torch Run leading up to the opening ceremonies.

We would like to extend a big thank you to all the TCSO employees who participated in this year's run. More than 156 Law Enforcement agencies participate in this run annually. This not only raises funds but helps to raise awareness about this great movement. The 2017 Tim Stafford Unsung Hero Award winner, Deputy Justin Green, had the privilege of carrying the flame of hope into the arena for the lighting of the ceremonial torch to begin the games.







#### **TORCH RUN PARTICIPANTS**

Sergeant Paula Hite, Deputy Monica Blendowski, Deputy Justin Green, Deputy Adam Fortenberry, Deputy Laprix Davis, Deputy Sue Nye, D.O. Lotoya Dythe, Detention Sgt. Chris Straight, Bonnie Fidler Heather Byrd, Charla Williams, Carrie Knauf, Christina Morrison, Misty Cupps, Chaplain Ken Farnham, Chaplain Greg Nelson



\*\*\*

### 🔂 😂 🔂 🔂 🖸 Our History 🔂 😂 😂 😂

**TCSO History** 

By Retired Sgt. Lyndall Cole TCSO Historian

## "A DEADLY GRUDGE"



It was Sunday night, around 10:00 p.m. on Christmas Eve 1944, and 40-year-old Haskell Ray Martin, owner of a local Red Fork filling station, was lying in his bed reading while one of his six children played on the floor. Ray Martin's three-year-old daughter, Patricia, was asleep beside her father and his wife was in the kitchen preparing candy she was going to place on the family's Christmas tree for the couple's children. While the Martin family was enjoying their holiday family time, a man with a deadly grudge to settle, was parking his car close to Reed Park near the Martin home. The angry man got out of his car, walked through the woods, approached Martin's bedroom window and stood outside for several minutes watching Ray Martin and his children. The angry man pulled out a pistol and fired one shot, striking Martin in the head. Now satisfied, his anger fulfilled, the man escaped the same way he came. Ray Martin died three hours later at a local hospital.

The Tulsa Police Department was notified and after an initial investigation had no real leads. But by chance, Detective W. V. "Bud" Caffey overheard one of the Martin family's neighbors make a comment about an argument Martin previously had with a younger man at his filling station a few days before. Within three hours an ex-airman, 26-year-old Jesse Mitts, the accused assassin, was in custody. With more interviews, officers found witnesses who identified Mitts as the man who had parked his car near the city park and walked off through the woods. Officers at the scene were able to follow footprints from Martin's window back through the woods to the location where the witnesses stated Mitts had parked his car. Tulsa Police Sergeant Roy Moran and Tulsa Police Detective Rusty Strader drove to Mitts' home and after a brief interview, placed him under arrest.

Tulsa County Deputies Eck King and Forrest Castle were notified and interviewed Jesse Mitts jointly with detectives from the police department. Mitts originally denied he shot Ray Martin. Then he admitted to being there but not being the shooter, and in yet another story, Mitts admitted to the shooting, but claimed some other man forced him to do it. Then Mitts admitted to Deputy King that he had shot Ray Martin over Martin's 17-year-old daughter. Mitts stated that about a week before at Ray Martin's filling station in Red Fork,

the two men had argued over Mitts taking Martin's daughter dancing and the time they were spending together. Martin told Mitts to stay away from his daughter and not to see her anymore. According to Mitts, he showed him a gun and threatened him with it if he didn't stay away from his daughter and family. Mitts admitted buying a pistol two days before he shot Martin. After this interview, he took officers back to his home where officers recovered the murder weapon from the hiding place in the backyard under a board in his chicken coop. Jesse Mitts signed a written confession describing his actions on that fatal Christmas Eve night, and to firing the fatal bullet which ended Ray Martin's life. Assistant County Attorney John Cochran and Deputy Sheriff Eck King took the confession.

In March of 1945, the trial of Jesse Mitts went quickly due to his confession and he was found guilty and sentenced to die in the electric chair. His defense attorney, Frank Hickman, quickly filed for a new trial based on new evidence, Mitts' sanity. During his trial, Mitts had just sat staring at the floor and walls, seemingly in a trance, apparently unaware of what was going on in the courtroom. It was discovered that Mitts

#### ★★★★★★★ Tulsa County 5 Sheriff's Office ★★★★★★

had been medically discharged from the army air corps after being struck in the head by a plane propeller in a plane crash near Salt Lake City Utah. The plane accident required Mitts to have a metal plate surgically implanted in his skull. After he recovered, Mitts was honorably discharged from the army air corps as a psycho-neurotic.

In April, Mitts was to be evaluated by Dr. Felix Adams of the state hospital in Vinita, but Dr. Adams could not accept him as a patient at that time. A sanity hearing was then held before a special jury to determine his sanity, but before any conclusion was reached, a judge determined there was not enough evidence that Mitts was insane and went ahead with sentencing. In May, over the objections of defense attorney Frank Hickman, Tulsa District Judge Harry L. S. Halley sentenced Jesse A. Mitts to die in the electric chair on July 21, 1945. He was escorted from the courtroom by Deputy Sheriff John Burnett.

Jesse Mitts was later transported to the state prison in McAlester to await his scheduled day in the electric chair. Upon his arrival there, Mitts had to be carried to his cell on death row because his left side was totally paralyzed. During his stay on death row, prison officials noticed that other than his left being paralyzed, Mitts was in a coma like state of mind. The Pittsburg County District Attorney convened a hearing to determine Mitts' sanity. The District

**COMMUNITY INVOLVEMENT** 



Thanks to kids at Northwoods Fine Arts Academy for all the hugs and appreciation they gave Sheriff Regalado and Undersheriff Brown. They sure know how to make TCSO feel loved during National Police Week. They even let them jump in the hula hoop races during field day. (Brown's team won)



Deputy Blendowski encircled by Kids at Eugene Fields Elementary



Deputy Paula Hite and Deputy Cass Filhiol encouraging seniors at Will Rogers High School to consider a career at TCSO.



Thank you to Girl Scouts Daisy Troop 7025 for inviting Sgt. Harris to talk about stranger danger and respecting authority.

Court in Pittsburg County found Mitts to be insane and ordered him to be taken to the Eastern State Hospital until he regained his sanity. The state court of criminal appeals issued a stay setting aside the judgment and sentence until Mitts regained his sanity.

In November of 1958, 13 years and 63 shock treatments later, it was determined by the medical officials at Eastern State Hospital that Mitts had regained his sanity so he was deemed fit for trial and transported to the Tulsa County Jail to await sentencing on his original murder charge from 1944. At this time, the issue of Mitts' sanity at the time of Ray Martin's murder was brought up again, with his defense attorney requesting a new trial based on new evidence. A letter had been discovered from Dr. Adams of Eastern State Hospital dated in May of 1954 to the Veterans Administration that in his opinion, Jesse Mitts was insane at the time of the murder due to the propeller striking him in the head during his time serving in the army air corps. In January of 1959, Tulsa District Judge Leslie Webb denied a new trial and re-sentenced Jesse Mitts to his original sentence of death.

Jesse Mitts' death sentence was changed to 99 years. The state pardon and parole board would eventually reduce his sentence again to 50 years due to the unusual sanity issue surrounding his case. Mitts was eventually paroled in 1962, only to be arrested on embezzlement of vacuum cleaner parts from his employer. Then-Governor Henry Bellmon would revoke Mitts' parole and send him back to finish his 50-year term. In 1967 Jesse Mitts was recommended for clemency by the state parole board.

#### 



## **FOP NEWS**



by Paul A. Tryon, FOP Lodge #188 President

Don't forget our next meeting is on June 7 at 1730 and dinner will be at 1700. Nine of our members went to the "Day on the Hill" on May 10. We had the largest presence of any law enforcement agency. We visited with several legislators about the new bills. Terry Simonson will be at the June meeting to update us on those legislative bills that will affect us and the Sheriff's Office.



TCSO's portion of the 2017 Torch Run was a success thanks to TCSO employees.





TCSO's portion of the 2017 Torch Run was a success thanks to TCSO employees.

The TCSO and FOP #188 Officer's Memorial was held in Chandler Park on May 18. Even though the strong wind was a nuisance, it was a very moving service. It was attended by many county elected officials and members of other law enforcement agencies. Many TCSO deputies attended, but this turnout could have been better. We must remember that we are honoring not only our own, but all of law enforcement who have given the ultimate sacrifice. God willing, we will never again suffer the loss of a deputy in the line-of-duty. However, if we should, I am positive family, friends and fellow deputies would appreciate a strong showing of support at an event memorializing their sacrifice.





**Retired Deputy Timothy L Shelton** Passed 05/25/2017 He will greatly be missed by all!

Years of Service Recognition

#### **5 YEARS**

- 🕈 Goodacre, Nathan
- Gulley, Daniel
- 🕨 Heisten, Michael
- Smith, Daniel S.
- 🕈 Williams, Charla

**10 YEARS** 

- Davis, Laprix
- 🕈 Johnson, Tammy
- Reed, Dean

#### 20 YEARS





## LET'S GET MOVING

By Deputy Cass Filliol

#### Exercise

#### Definition

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning the body. Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility.

#### Purpose

Exercise is essential for improving overall health, maintaining fitness, and helping to prevent the development of obesity, hypertension, and cardiovascular disease. Surveys conducted by the Centers for Disease Control and Prevention (CDC) indicate that 61.5 percent of children aged nine to 13 years do not participate in any organized physical activity (for example, sports , dance classes) and 22.6 percent are not physically active during their free time. According to the American Obesity Association, approximately 30 percent of children and adolescents aged six to 19 years are overweight and 15 percent are obese.

A sedentary lifestyle and excess caloric consumption are the primary causes of this increase in overweight and obesity; regular exercise is considered an important factor in controlling weight. Overweight and obese children and adolescents are at higher risk of developing several medical conditions, including the following:

#### Description

Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility to improve and maintain the fitness of the body's heart, lungs, and muscles.

#### Cardiovascular conditioning

Cardiovascular conditioning involves moderate to vigorous physical activity that results in an elevated heart rate for a sustained period of time. Regular cardiovascular exercise improves the efficiency of the functioning of the heart, lungs, and circulatory system. For adults, aerobic exercise within a target heart rate range calculated based on a maximum heart rate by age is recommended. For healthy children, cardiovascular exercise that elevates the heart rate to no greater than a maximum heart rate of 200 beats per minute is recommended.

In general, the American Heart Association recommends at least 60 minutes of moderate to vigorous physical activity every day for children and adolescents. Cardiovascular conditioning activities should be appropriate for the age, gender, and emotional status of the child. Examples of exercise that elevates the heart rate are bicycle riding, running, swimming, jumping rope, brisk walking, dancing, soccer, and basketball.

Strength and resistance training

Strength and resistance training increases muscle strength and mass, bone strength, and the body's metabolism. Strengthening exercises increase muscle strength by putting more strain on a muscle than it is normally accustomed to receiving. Strength training can be performed with or without special equipment. Strength/resistance training equipment includes handheld dumbbells, resistance machines (Nautilus, Cybex), and elastic bands. Strength training can also be performed without equipment; exercises without equipment include pushups, abdominal crunches, and squats. Children as young as six years can participate in strength training with weights, provided they are supervised by a fitness professional trained in youth strength training. Child-sized resistance machines may be available at some fitness facilities. According to youth strength training guidelines, children and adolescents should

- asthma
- diabetes
- hypertension
- orthopedic complications, such as hip and knee pain and limited range of motion
- cardiovascular disease
- high cholesterol
- sleep apnea
- psychosocial disorders, such as depression, negative body image, and eating disorders Clinical studies have shown that regular exercise has numerous benefits, including the following:
- preventing weight gain and maintaining healthy weight
- reducing blood pressure and cholesterol
- improving coordination
- improving self-esteem and selfconfidence
- decreasing the risk of developing diabetes, cardiovascular disease, and certain types of cancer
- increased life expectancy

perform strength training for approximately 20 minutes two or three times weekly on nonconsecutive days.

#### Flexibility

Flexibility is important to improve and maintain joint range of motion and reduce the likelihood of muscle strains. Most young children are naturally more flexible than older children and adults and will instinctively perform movements that promote flexibility. As children age, they should be encouraged to continue to stretch. Flexibility is especially important for children and adolescents engaged in vigorous exercise (running, competitive sports). Stretching is best performed following a warm-up and/or at the completion of an exercise session or sport. One activity that promotes flexibility that is increasing in popularity for children is yoga, in the form of children's yoga classes or exercise videos.

#### Precautions

Before a child begins any exercise program, he or she should be evaluated by a physician in order to rule out any potential health risks. Children and adolescents with physical restrictions or certain medical



conditions may require an exercise program supervised by a healthcare professional, such as a physical therapist or exercise physiologist. If dizziness, nausea, excessive shortness of breath, or chest pain occur during any exercise program, the activity should be stopped, and a physician should be consulted before the child resumes the activity. Children and adolescents who use any type of exercise equipment should be supervised by a knowledgeable fitness professional, such as a personal trainer. **Preparation** 

A physical examination by a physician is important to determine if strenuous exercise is appropriate or detrimental. Prior to beginning exercise, a proper warm-up is necessary to help prevent the possibility of injury resulting from tight muscles, tendons, ligaments, and joints. Appropriate warm-up exercises include walking, light calisthenics, and stretching.

#### Aftercare

Proper cool-down after exercise is important and should include a gradual decrease in exercise intensity to slowly bring the heart rate back to the normal range, followed by stretches to increase flexibility and reduce the likelihood of muscle soreness. Following vigorous activities that involve sweating, lost fluids should be replaced by drinking water.

#### Risks

Improper warm-up and inappropriate use of weights can lead to muscle strains. Overexertion without enough time between exercise sessions to recuperate also can lead to muscle strains, resulting in inactivity due to pain. Some children and adolescents may be susceptible to exercise-induced asthma. For children and adolescents who perform high-impact activities, such as running, stress fractures may occur. Dehydration is a risk during longer activities that involve sweating; children and adolescents should be supplied with water during and after activity.

#### Normal results

Significant health benefits are obtained by including at least a moderate amount of physical exercise for 30 to 60 minutes daily. Regular physical activity plays a positive role in preventing disease and improving overall health status. For children and adolescents just beginning an exercise program, results (including weight loss, increased muscle strength, and aerobic capacity) will be noticeable in four to six weeks.

#### Parental concerns

Given the increasing prevalence of overweight and obesity in children and adolescents, it is important for parents to encourage regular exercise and also serve as role models by exercising themselves. Television, computers, and video games have replaced physical activity for playtime for the majority of children. Parents should make a commitment to replacing sedentary activities with active indoor and outdoor games. For busy families, exercise can be performed in multiple 10- to 15-minute sessions throughout the day. For children aged two to five years, physical activities should emphasize basic movement skills, imagination, and play. Examples of appropriate activities for this age group include rolling and bouncing a ball, jumping, hopping, skipping, mimicking animal movements, and pedaling a tricycle. For children aged five to eight years, physical activities should emphasize basic motor skills and more complex movements (eye-hand coordination). Non-competitive group sports or classes are appropriate for this age, and parents should focus on helping their children find an enjoyable physical activity.

## **Easy Sesame Chicken**

Prep 15 min Total 25 min Servings 6



#### **Ingredients:**

- 1 bag (20 oz) frozen lightly breaded chicken chunks or frozen popcorn chicken
- 2 teaspoons vegetable oil 1 teaspoon finely chopped garlic
- 1 bottle (14 oz) stir-fry sauce
- 1/2 teaspoon grated fresh gingerroot
- 1/8 teaspoon crushed red pepper flakes
- 1 teaspoon toasted sesame seed

Cooked rice or steamed broccoli, if desired

#### **Directions:**

1) Make chicken as directed on package for oven directions.

2) Meanwhile, in 1-quart saucepan, heat oil over medium heat; add garlic. Cook about 1 minute or until garlic is fragrant, stirring constantly. Add stir-fry sauce, gingerroot and pepper flakes; heat 1 to 2 minutes to simmering, stirring occasionally.

3) Remove chicken from oven; transfer to large bowl, and toss in heated sauce. Sprinkle with sesame seed, and serve. Serve with cooked rice or broccoli.