



Academy Notes

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Session 121 Graduates

Graduation for Session 121 was held Monday, December 21, 2009 at George Mason University. Twelve new deputies and thirty-nine new officers received their certificate of graduation from the Northern Virginia Criminal Justice Training Academy.

The keynote speaker for the graduation was Officer Kris Gulden, Alexandria Police Department (retired) who offered some good advice for the graduates to include the meaning of respect, the need to achieve balance in their lives and the importance of enjoying their careers.

The Tom Shaw award, named in honor of Director Emeritus Thomas Shaw was presented to Officer Jeffrey Harrington, Alexandria Police Department. The recipient for this award is selected by the class and recognizes dedication, professionalism, and leadership.

Officer Harrington was also the Class President and in that capacity congratulated his classmates and thanked the academy staff. He offered remarks that emphasized the importance of respecting the concerns of the community we serve. After the presentation of certificates, he was joined on stage by the class Vice Presidents, representing Section A Officer Christine Penn, Arlington



Alexandria Officer Kris Gulden (retired) speaks to the class.

County PD, and Section B Deputy Heath Studer, Loudoun County SO. They then led the graduating class in the Law Enforcement Oath of Honor.

The following additional awards were presented: Director's Award for Academic Excellence: There was a tie for the Combined School - Deputy Corinne Czekaj and Deputy Heath Studer both with the Loudoun County SO. In the Basic Law Enforcement School Officer Jeffrey Harrington took top honors.

Award for Firearms Proficiency: Officer Aaron Donald, Metro Transit Police;

(See Session 121—Continued on page 3)

Your badge, your gun, your uniform, your shiny car with the lights and siren – none of these tools will help you if you don't have the trust and cooperation of the community you serve.

- Kris Gulden

CALEA On-site

The academy hosted a CALEA On-site Assessment Team December 8 —11 as part of the re-accreditation process. The assessors had already reviewed a substantial amount of documentation the academy submitted in November. During the on-site assessment the assessors observed the academy facilities and operations and interviewed members of the academy staff as well as members of the academy executive board.

The assessment team was comprised of the team leader Mr. Bob Morgan, Mississippi Department of Public Safety and Sergeant Kevin Riker, New York City Police Department.

The assessors reported highly favorable findings during the final interview with Executive Director Bill O'Toole. The team leader, Mr. Bob Morgan, will submit his report to the CALEA Commission Board who will make the final determination of re-accreditation in March 2010.

The purpose of CALEA's Accreditation Program is to improve the delivery of public safety services, primarily by maintaining a body of standards, developed by public safety practitioners, covering a wide range of up-to-date public safety initiatives; establishing and administering an accreditation process; and recognizing professional excellence.



L-R Academy Accreditation Manager Al Oglesby, CALEA Assessment Team members Sgt Kevin Riker and Bob Morgan , Academy Executive Director Bill O'Toole

On-site assessments occur every three years and involve a comprehensive inspection of the academy's compliance with the accreditation standards.

NVCJA was awarded Flagship status during its last re-accreditation review in 2006. ♦♦♦



The Scenario Training Area is nearly complete, with just some finish work left to do. We expect to have it in operation by February 1. This area is designed for force on force training.

Basic Firearms Training

It's the end of "*The Bambino Curse*." Well, not quite. Academy Session 121 has ended on a very positive note with all 51 recruits qualifying in firearms. This is a first since Session 115 went through in 2006 with no failures. The success is attributed to the expansion of the firearms program from five days training to seven days with the first five days dedicated to pistol training. Days six and seven are Tactical and Shotgun training. The number of initial failures has been reduced dramatically since adopting this program.

The academy has also designated a lead instructor from the basic training staff to oversee the firearms program for the entire breakout time. Staff instructor Deputy Melinda Johnson of the Arlington County Sheriff's Office is responsible for ensuring the trainees are first of all being safe and second receiving the quality instruction needed in order to be successful. Firearms instructors from each agency are assigned to their trainees during breakout and have made a tremendous



impact with the recruit's success.

Deputy Johnson said "I was assigned to the firearms program for Session 119 and it has been my number one goal to achieve 100% passing in firearms in a session. I have been very proud of all the trainees that I have worked with. I am especially proud of Session 121 for not only reaching their goals, but helping me to realize my goal too."

Congratulations to Session 121! Get ready Session 122!!! ♦♦♦

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Award for Emergency Vehicle Operations Proficiency: Deputy Fernando Pedro Jr. , Arlington County Sheriff's Office;

Physical Fitness Award: Deputy Corinne Czekaj Loudoun County SO and Officer Adam Crider, Arlington County PD.

The Session 121 graduate numbers from our member agencies are as follows:

Alexandria City Police Department: 7

Alexandria City Sheriff's Office: 3

Arlington County Police Department: 9

Arlington County Sheriff's Office: 9

Fairfax City Police Department: 2

George Mason University Police: 1

Loudoun County Sheriff's Office: 6

Metro Transit Police Department: 13

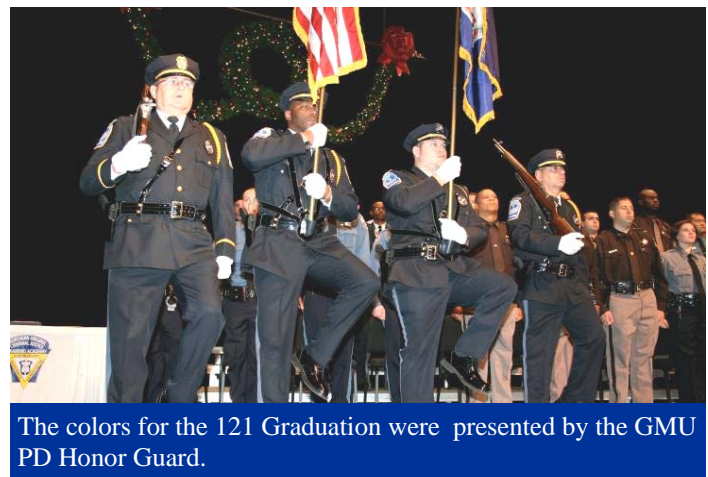
Washington Metro Airports Authority Police: 5

Northern Virginia Community College Police: 2

Session 122 will begin January 5, 2010 with the arrival of sheriff's deputy recruits. The law enforcement school will begin on February 2. ♦♦♦



Session 121 Class Officers L-R: President Jeffery Harrington Alex PD, VP Sect A Christine Penn, Arl PD, VP Sect B Heath Studer Loudoun SO.



The colors for the 121 Graduation were presented by the GMU PD Honor Guard.

Physical Fitness Corner Shake That Extra Protein from Your Diet

Robert Hammes, *M.S., CSCS*



Some of the most common nutrition questions I get asked by recruits involve dietary protein.

“How much protein do I need in my diet?”... “Should I be taking in extra protein if I want to build muscle?”... “What do you think about protein shakes?” All of

these are good questions, and they mainly stem from incessant and deceptive marketing tactics by the supplement industry. Based on this widespread misinformation, I spend a portion of my time each session setting the record straight. So let me begin by being perfectly clear... excess protein does not fuel muscle growth. This is one of the biggest fallacies in sports nutrition! Allow me to explain...

Consistent and proper weight training stimulates muscle breakdown. When your muscles are at rest after a good workout, they enter an anabolic state in order to gain in size and strength. Don't worry... this takes place without the use of steroids! And be patient, as this occurs ever so gradually over time. But the real secret to adding size to that buff body of yours boils down to one simple recipe... consuming enough healthy calories to complement an ample amount of weight training. What are “healthy calories”, you ask? Well, it starts with a base of complex carbohydrates. These include whole grains and plenty of fruits and vegetables. Spreading that base out in small increments throughout the day is important. On top of that carbohydrate base you should be adding small doses of protein and healthy fats. Examples of protein sources you could be including are lean cuts of meat, yogurt, eggs, and nuts and seeds. Point is, consuming extra calories, primarily by way of complex carbs, is what provides the energy required for the muscle rebuilding process... case closed.

The recommended daily allowance (RDA) for protein the average person requires is .8 grams for every kilogram of body weight. Nutritionists concur that certain athletes could up that total to 1.5, given their additional caloric expenditure. Still, many bodybuilders

and even casual gym rats easily take in three or more times that upper limit each day! Experts are in complete agreement that excess protein intake is at best unnecessary, and at worst dangerous. You see, extra protein does not magically create extra muscle. If you consume more protein than your body uses, any excess will be stored as fat. Your kidneys will be taxed by attempting to metabolize such a large amount. And I won't even mention the recent research connecting excess protein with bone loss (OK, I just mentioned it). But at the very least, those weight room scientists who snack on protein shakes and protein bars are very likely adding more to their waists than their biceps.

An easy way to calculate your protein needs is to multiply .36 (up to .7 for some athletes) by your body weight in pounds. So if you weigh 180, you need about 65 grams of protein per day, or up to 126 if you're a high intensity athlete. If you consider that the average chicken breast contains 30 – 60 grams of protein, a slice of cheddar cheese 7 grams, and one cup of broccoli about 5 grams, it's a piece of cake getting the protein you need without the extra effort. OK, maybe cake is a bad analogy... Just keep in mind that the average sedentary American takes in about 120 grams of protein each day. First of all, strive to be better than average. Secondly, don't be sedentary. And thirdly, moderate your protein intake according to your size and activity level.

By all means, consume that daily fruit shake (sans the protein powder), but do avoid the protein bar. And if I've said it once, I've said it a thousand times – it's much healthier to get nutrients from real foods rather than processed supplements.

Here's to your health in 2010! ♦♦♦



Legally Speaking

John Fitzgerald, J.D.



In *Michigan v. Fisher*, 558 U.S. _____, (decided December 7, 2009), the United States Supreme Court clarified and renewed their support for the emergency aid exception to the warrant requirement which allows law enforcement officers to enter a home without a warrant to render emergency assistance to an injured occupant or to protect an occupant from imminent injury. A strong majority (7-2) decided this case with Justices Stevens and Sotomayor dissenting.

The Facts of *Michigan v. Fisher* as Described by the Supreme Court

Police officers responded to a complaint of a disturbance in Brownstown, Michigan. Officer Christopher Goolsby later testified that, as he and his partner approached the area, a couple directed them to a residence where a man was "going crazy." Upon their arrival, the officers found a household in considerable chaos: a pickup truck in the driveway with its front smashed, damaged fence posts along the side of the property, and the house had three broken windows. The officers also noticed blood on the hood of the pickup and on clothes inside of it, as well as on one of the doors to the house. Through a window, the officers could see respondent, Jeremy Fisher, inside the house, screaming and throwing things. The back door was locked, and a couch had been placed to block the front door.

The officers knocked, but Fisher refused to answer. They saw that Fisher had a cut on his hand, and they asked him whether he needed medical attention. Fisher ignored these questions and demanded, with accompanying profanity, that the officers go to get a search warrant. Officer Goolsby then pushed the front door partway open and ventured into the house. Through the window of the open door he saw Fisher pointing a long gun at him. Officer Goolsby withdrew.

Fisher was charged under Michigan law with assault with a dangerous weapon and possession of a firearm during the commission of a felony. The

The Emergency Aid Exception: Alive and Well

trial court concluded that Officer Goolsby violated the Fourth Amendment when he entered Fisher's house, and granted Fisher's motion to suppress the evidence obtained as a result — that is, Officer Goolsby's statement that Fisher pointed a rifle at him. Without that statement in evidence, the prosecution could not proceed and Fisher walked.

The U.S. Supreme Court's Reasoning

At issue in this case was the constitutionality of Officer Goolsby's warrantless entry into Fisher's house. There are only three ways a law enforcement officer may legally enter a person's home: with their consent, with a warrant, or pursuant to exigent (emergency) circumstances. Clearly there was neither consent nor a warrant enabling Officer Goolsby to enter Fisher's home. The case turned on the Supreme Court's interpretation of the exigent circumstances which confronted the officers. The emergency aid exception— which allows law enforcement officers to enter a home without a warrant to render emergency assistance to an injured occupant or to protect an occupant from imminent injury—is one particular type of exigent circumstance.

The Court referred to its 2006 decision in *Brigham City v. Stuart*, 547 U.S. 398 as a guide in its decision in this case. In *Brigham City*, officers responding to a noise complaint witnessed a fight break out inside a private residence. An officer saw a juvenile being restrained by several adults. The juvenile broke free and punched one of the adults in the face; the adult recoiled and spat blood into the sink. An officer entered and intervened to stop the fight. The Court said that it was "plainly reasonable" for officers to enter the house and quell the violence since they had "an objectively reasonable basis for believing both that the injured adult might need help and that the violence in the kitchen was just beginning."

In applying the teachings of *Brigham City* to the facts of this case, the Court said the following:

- Although Officer Goolsby and his partner did not see punches thrown as did the offi-

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cers in *Brigham City*, they did see Fisher screaming and throwing things. It would be objectively reasonable to believe that Fisher's projectiles might have a human target (perhaps a spouse or child), or that Fisher would hurt himself in the course of his rage. In short, we find it as plain here as we did in *Brigham City* that the officers' entry was reasonable under the Fourth Amendment.

- Officers do not need ironclad proof of "a likely serious, life-threatening" injury to invoke the emergency aid exception....[T]he test, as we have said, is not what Goolsby believed, but whether there was "an objectively reasonable basis for believing" that medical assistance was needed, or persons were in danger[.]

- "[T]he role of a peace officer includes preventing violence and restoring order, not simply rendering first aid to casualties." *Brigham City, supra*, at 406. It sufficed to invoke the emergency aid exception that it was reasonable to believe that Fisher had hurt himself (albeit non-fatally) and needed treatment that in his rage he was unable to provide, or that Fisher was about to hurt, or had already hurt, someone else.

In this decision, the Court makes it clear that it understands the role of law enforcement officers in preventing violence. The standard is an objectively reasonable belief that someone needs medical treatment or, in the alternative, that someone will be hurt if we do not enter right away. Please use this exception whenever faced with such an emergency, but please do so thoughtfully.

Remember, bad cases result in bad law. ♦♦♦

College Credit for LE Training

The training you receive at NVCJA may help you toward your degree.

The academy has several college articulation agreements that can give you a little or, in some cases, a lot of help in earning that degree using your basic training as well as in-service classes.

The oldest agreement is with NOVA (Northern Virginia Community College) which has been offering college credit since the earliest days of the academy. But in just the last three years the academy has worked with several other programs to expand the opportunities. We currently have agreements with Excelsior College, Kaplan University, University of Phoenix, Columbia Southern University, Mountain State University and American Public University/American Military University.

In-service classes can give you elective credits with the University of Phoenix and American Public University/American Military University.

Your basic training can provide credits in programs offered by Excelsior College, Kaplan University, University of Phoenix, Columbia Southern University and Mountain State University. Current agreements for these programs apply beginning with Session 104. However, if you are a graduate of an earlier session you

may still receive credit with an individual assessment.

We are also aware of graduates who have gained credit from other colleges with individual credit assessments. Higher education has become highly competitive and colleges are eager to get you in the door. It never hurts to ask if your training can give you a leg up. The academy can help by providing the documentation you need to validate your training.

Another unique opportunity that is worth considering is the extensive catalog of on-line FEMA emergency management programs.

<http://training.fema.gov/IS/NIMS.asp>

The FEMA training is free. Once you complete a FEMA class you may earn credit for it at a relatively low per credit cost through the Frederick Community College in Frederick, Md.

In all of these avenues how the credits apply depends on your individual situation. You should look at the available programs carefully, talk to the admissions people and understand what they offer and how it fits with your goals. The academy Curriculum Office can answer some of your questions. Call or e-mail Scott Leonard or Steve Smylie (see the Staff Directory link on the academy web-page). ♦♦♦

NVJCTA Staff News

Welcome to Our Newest Instructor



We welcome Officer Scott Wanek as a new Basic Training Instructor. Scott is an 11-year veteran law enforcement officer having served nine years with the Arlington County Police Department and two years with the Albuquerque NM Police Department. Scott joined the academy staff on December 8 and is assigned to the Physical Training team.

Scott brings to this assignment considerable expertise that he has acquired during his law enforcement career by having served as a patrol officer, a field training officer, a Crisis Intervention Team (CIT) specialist, a Crime Prevention Through Environmental Design specialist, a Bike Patrol officer, a Gang Unit investigator, and as a Street Crimes Unit officer. Scott is certified as a General Instructor, a DT Instructor, an EVOC Instructor, and as a Firearms Instructor.

Scott is a veteran of both the United States Army and the US Army National Guard and he holds a Bachelor of Science degree in Criminal Justice from George Mason University. We are pleased to welcome Scott to our academy team!

Farewell to Chad Ramsey



Staff Instructor Officer Chad Ramsey has returned to his agency, Arlington County PD, after serving as an academy instructor for 3 years, supporting instruction for Sessions 116–121. During his tenure here Chad used his experience as an evidence technician and as a SWAT team member to improve our instruction in crime scene investigation and building search. He was also a member of the Physical Training staff.

Chad will be assigned to evening shift patrol upon his return.

Farewell to Dan Goodwin



Staff Instructor Officer Dan Goodwin has returned to his home agency, the Metro Transit PD, to assume duty as Training Officer. Dan was assigned to the academy in July 2008 and served during Sessions 119–121. He took the lead in DUI instruction and was a member of the Physical Training staff.

Toys for Tots

The recruits of Session 121 undertook a toy drive in December to benefit the Marine Corps Toys for Tots program. Encouraged by Staff Instructors Colin Dorrity, Transit PD and Vik Ohri, Alexandria SO, the two Recruit Sections engaged in a friendly competition to see who could bring in the most toys. The effort was outstanding and on December 16 a large load of toys was presented to the Marines.



The Academy operates on a 4/10 schedule. All Academy operations are closed on Mondays. In-service class hours are 0700-1530 with some exceptions. Check the latest schedule at www.nvcja.org/in-service-training.php.

UPCOMING IN-SERVICE TRAINING

January

Date	Course	Instructor	Location
5-20	Emergency Communication Specialists: Basic Dispatcher	Keaton/Gaymon	Academy
12	Statewide Automated Victim Information and Notification Course (VINE)	VCPI	Academy
12	VCIN Recert	Redifer	Academy
13-15	VCIN Level A & B Operator	Redifer	Academy
13	Financial Crimes	Connor	Academy
19-21	Colt's M16/AR15 Armorer's School	Colt	Academy
19-20	Leadership Essentials IV	Flanagan	Academy
20	Investigating Social Networking Sites	Plessas	Academy
21	RADAR Instructor Recert	Redifer	Academy
25	Trailer & Towing	EVOC Staff	ODS
26-29	General Instructor Development	Valdez	Academy
27	EVOC Refresher	EVOC Staff	ODS
28	Critical Employee Emergency Planning	VCPI	Academy
28-29	Terrorism, Fraudulent documents and Temporary Tags	Bryk/Washington	Academy
29	Legal Updates/Cultural Diversity	TBA	Academy

February

Date	Course	Instructor	Location
3-4	Fatal Fire Investigations for LE	Mercer	Academy
9	Pursuit Policy Workshop and DUI Checkpoints for Supervisors	VA Hwy Safety Office	Academy
10	Traffic Enforcement: Dealing with the Older Driver and Enforcement of Traffic Occupant Protection Laws	VA Hwy Safety Office	Academy
10	Intro to Functional Fitness for Law Enforcement	Giroux	Academy
18-19	DWI SFST Basic Course	Various	Academy
23	Crisis Resolution Techniques for LE	Ruiz	Academy
25-26	Identity Theft and Counterfeit Documents Investigations	Ortwein	Academy

March

Date	Course	Instructor	Location
2-3	Leadership Essentials Mod V	Flanagan	Academy
3	Emotional Survival for Le Professionals	Gil Martin	Academy
9	VCIN Operator Recert	Cox	Academy
10-12	VCIN Operator A & B	Cox	Academy
16	RADAR/LIDAR Recert	Rudolph	Academy
24	Seizure of Electronic Evidence Issues Dealing with Computer and Cell Phones	Gillenwater/Ordonez	Academy
25-26	Basic Street Crimes Investigators	Signal 13 Training	Academy
30-31	Verbal Judo	Manley	Academy