

March 12, 2015



Ohio Peace Officer Training Commission  
P.O. Box 309  
London, OH 43140

Office 800-346-7682  
[www.OhioAttorneyGeneral.gov](http://www.OhioAttorneyGeneral.gov)

**OHIO PEACE OFFICER TRAINING COMMISSION MEETING  
THURSDAY, JANUARY 8, 2015  
HELD AT THE  
OHIO PEACE OFFICER TRAINING ACADEMY  
1650 STATE ROUTE 56 S.W.  
LONDON, OHIO 43140**

**MINUTES**

**I. OPENING**

**A. CALL TO ORDER**

Chairperson Vernon Stanforth called the meeting to order at 10:04 a.m.  
Chief Paul Denton led the Pledge of Allegiance.  
Ms. Kelly Cain called the Roll Call.

**COMMISSION MEMBERS PRESENT**

Chairperson Vernon P. Stanforth  
Chief Paul Denton  
Chief David Wiseman  
Sergeant Troy Mineard  
SAC Stephen Anthony  
Mr. Willis Amweg  
Colonel Paul Pride

**B. GUESTS AND STAFF PRESENT**

**ATTORNEY GENERAL'S OFFICE**

Jeff Clark  
Brody Conover

Attorney General's Office  
Attorney General's Office

OHIO PEACE OFFICER TRAINING COMMISSION

## GUESTS AND STAFF

Jeremy Koosed	OFAN
Mary Davis	OPOTC Executive Director
Lou Agosta	OPOTA Deputy Director
Alice Robinson-Bond	OPOTC Deputy Director
Jessica Didion	OPOTA Deputy Director
John Green	OPOTA Deputy Director
Kelly Cain	OPOTC Staff
Eric Schaefer	OPOTA Staff
Gail DeWolf	OPOTA Staff
John Reedy	OPOTA Staff
Jill Cury	OPOTA Staff
Arienne Fauber	OPOTA Staff
Brittany Thompson	OPOTA Staff

## II. CHAIRPERSON REPORT

### MOTION

**Chief Paul Denton motioned that the minutes of the November 20, 2014, meeting be approved, Colonel Paul Pride seconded the motion. No discussion was forthcoming, a vote was taken and passed unanimously.**

**Sergeant Troy Mineard motioned that the minutes of the December 11, 2014, meeting be approved, Colonel Paul Pride seconded the motion. No discussion was forthcoming, a vote was taken and passed unanimously.**

Sheriff Stanforth informed the Commissioners a list of the 2015 Proposed Committee Assignments was included in their packets. If everyone was comfortable with it, that list would be the 2015 Committee assignments.

No discussion was forthcoming, that concluded the Chairperson Report.

## III. CURRICULUM COMMITTEE

**Chief Paul Denton  
Committee Chairperson**

Committee Chair, Chief Denton, stated there was nothing new to report at this time. That concluded the Curriculum Committee report.

**IV. LEGISLATIVE COMMITTEE**

**Chief David Wiseman  
Committee Chairperson**

Committee Chair, Chief Wiseman, stated there was nothing new to report at this time. That concluded the Legislative Committee report.

**V. HOUSE COMMITTEE**

**Colonel Paul Pride  
Committee Chairperson**

Committee Chair, Colonel Pride, stated there was nothing new to report at this time. That concluded the Curriculum Committee report.

**VI. CONTINUING PROFESSIONAL TRAINING COMMITTEE Sheriff Michael Heldman  
Committee Chairperson**

Committee Chair, Sheriff Heldman was absent from the meeting. Ms. Davis gave a status update that CPT rosters are being received for 2014. So far, at least \$450,000 reimbursement threshold has been met, so agencies are complying and have until the end of this month to get their rosters in for compliance. Alice Robinson Bond reported that approximately half of the departments have sent in their rosters so far and the other half will send theirs in within the next 3 weeks.

That concluded the Continuing Professional Training Committee report.

**STAFF REPORTS**

**VII. COMMISSION AND ACADEMY UPDATES Executive Director Mary Davis**

Ms. Davis reported that in November it was suggested the Academy have an off-duty Conceal Carry Course. With the staff that was present, they along with Ms. Davis, didn't realize that the Academy already offers this course. It is offered a minimum of three times a year. It ran two times in 2014 and the third session was cancelled due to no enrollment. It is currently being offered in 2015 at the TTC.

Sheriff Stanforth stated that in his conversations with the Governor's Office about training issues, they have inquired about specific training or recommended classes. He recommended they call the Academy or go on-line to see the classes being offered. Ms. Davis said that if there's a course we have previously run but it is no longer scheduled within the catalog, we can still run it for an agency. The agency just needs to contact us to get it scheduled.

SAC Stephen Anthony asked about the level of difficulty in the conceal carry course. Is it general or high level, is it a tactical course? Ms. Davis answered yes, it is tactical. In terms of the equipment, where you carry it, what you do when officers show up, how you handle yourself so you don't get into a blue-on-blue situation, how to identify yourself and respond when other officers show up. Deputy Director Lou Agosta added that the

course does not provide much departmental policy, the departments typically provide that information, it's more of a tactical course. Ms. Davis said that the course also gets them to think about if they only have their gun, what are they going to do to subdue someone? Do you have other restraint devices? We can't dictate what their agency policies require, but we get them to think about it.

Ms. Davis updated the Commission on the Attorney General's Advisory Group. Meetings are being conducted on a bi-weekly basis. A meeting is being held today and she would be attending after the Commission meeting. At the first meeting, a standard model was presented to the Committee of what it took to become a peace officer and what the requirements are to keep a certification valid. Today's meeting was going to involve Crisis Intervention Training and the Department of Corrections was coming in to discuss their Interpersonal Communications Training on de-escalation.

Due to the realization of this being such a large issue, sub-committees will be formed this afternoon from this Advisory Group to grasp the many concepts involved so things can get looked at quicker. Ms. Davis is very pleased with the dynamics of the group. The group has openly talked, respectfully shared different opinions, but everyone is open-minded and forwarded thinking. Ms. Davis is encouraged that the group will be very effective. Chief Denton asked if the meetings were public meetings? Ms. Davis stated yes; however, she was unclear on the public's participation. Mr. Jeff Clark said that the Open Meetings Act doesn't require that public participation be allowed, so it would be up to the Advisory Group. Ms. Davis has received calls regarding the meetings and with the approval of the group's Chairperson, Dr. Reggie Wilkinson, she has forwarded those individuals his e-mail address to respond to them to vet any questions and/or concerns before it comes to the Advisory Group. Ms. Davis also encouraged the Commission to bring any concerns to her to take to the group.

That concluded the Commission and Academy Updates.

**VIII. OLD BUSINESS**

Chairperson Sheriff Vernon Stanforth

Chairperson Stanforth asked for any old business. No discussion was forthcoming, this concluded the Old Business.

**IX. NEW BUSINESS**

Chairperson Sheriff Vernon Stanforth

Chairperson Stanforth reported that the Legislature passed and the Governor signed legislation that modified sheriffs' qualifications, Section 311 B and C. Within these, it modifies the sheriff's certification and education sections. In reviewing the legislation, it brought to their attention, that the Commission plays two roles. The Commission is challenged to ensure the current sheriffs meet the new qualifications and how the new legislation reads and how it is open to interpretation. The Commission will have to make a definitive decision on how to recognize training for sheriffs, if it meets the continuing professional training mandate that they have not been required to take; however, they are

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required to take the mandated 16-hours of sheriff's training. Chairperson Stanforth's concern was that this is not addressed in this legislation and he does not want it to be misinterpreted and disqualify a sheriff. He has requested Ms. Davis and Mr. Clark to do some research and bring their thoughts back before the Commission at the next meeting.

Sheriff Stanforth stated that the Commission is responsible for coordinating and funding the 3-week training session for all new, incoming sheriffs at the beginning of their term. The training takes place two weeks prior to taking office and the third week takes place after they take office. Training is conducted at the BSSA headquarters and they stay somewhere close by, an OPOTA staff serves as a coordinator, other sheriffs and experts are brought in to instruct on the specific topics.

That concluded the New Business.

**X. GUEST FORUM**

Chairperson Sheriff Vernon Stanforth

Sheriff Stanforth invited any guests to present before the Commission as part of the guest forum. Mr. Jeremy Koosed introduced himself. Mr. Koosed provided a presentation on healthy fat intake initiative called Omega Fats Action Network (OFAN). The group promotes omega 3s and reliance on clean plant sources of omega 3s. The group has reviewed the science around these deficiencies and has discovered that omega 3s are a good source of a balanced, healthy fat diet and promotes a good mental well-being in peace officers. OFAN is suggesting there be more opportunities for more healthy fat intake and reminders to check the fatty acid balance and helpful tips to maintain a healthy fat intake. Mr. Koosed provided samples, with recipes, of hemp and chia seeds. Mr. Koosed stressed the importance of the balance of omega 3 and omega 6 within your dietary needs. With all of the processed vegetable oils and processed foods that are likely to throw off fat intake, things get better when they are balanced out. Mr. Koosed stated that because this does help with mental clarity and alertness, law enforcement should be the leaders in this to help people make healthier decisions. His group is about helping people feel good, think more clearly, and they are environmental activist.

Chairperson Stanforth asked if Mr. Koosed had performed a study with law enforcement or what are the group's studies based upon? Mr. Koosed responded that the studies are based on depression, stress, and anxiety studies; they might have to do with fish or walnuts. A lot of studies are based upon conditions such as eczema and disorders.

Ms. Davis added that the physical conditioning lesson plan in basic was recently revised and they added nutritional information in relationship to balanced proteins and fats. She was uncertain if the omega fats were addressed; however, this information can be provided to the SME group for review.

This concluded the guest forum.

**XI. MOTION TO ADJOURN**

Chairperson Stanforth asked if there was anything further to address. With nothing forthcoming, he asked for a motion to adjourn.

**Chief Denton motioned to adjourn the meeting. Colonel Pride seconded the motion. The vote passed unanimously. Meeting adjourned.**

Time: 10:35am

  
Chairperson

**These transcripts are not verbatim. Audio recordings are available upon request.**

# **Omega Fats Action Network**

## **Brainfood Break**

**Providing more adequate opportunities for healthier fat intake:  $\Omega$ 3s**

Presented by Founder, Ohioan, Jeremy Koosed

[@OmegaFatsAction](#) on Twitter

[www.facebook.com/OmegaFatsAction](http://www.facebook.com/OmegaFatsAction)

Gmail: [OmegaFatsAction@gmail.com](mailto:OmegaFatsAction@gmail.com)

<https://sites.google.com/site/ofanohio/mission>

## **BRAINFOOD BREAK BREAKDOWN.**

The intent of the “Brainfood Break” is to provide more adequate opportunities for healthier fat intake  $\Omega 3$  including sustainable alternatives and methods for addressing  $\Omega 3$  deficiency related issues.

Research conducted by (Department of Human Nutrition, Ohio State University & Oxford University ) identified some of the causes of stress and related health issues (psychologically and physically). OFAN aims to provide innovative Nutritional empowerment messaging and suggest Dietary Adjustment Strategies pertaining to Stress Reduction/Management, Improved Mental Clarity, Faster Reaction Time through a balanced healthy fat diet.

Although law enforcement agencies have made progress in addressing employee wellness issues, few regularly monitor or educate their officers relative to these concerns.

A number of law enforcement agencies that have fashioned and use very progressive and innovative programs pertaining to wellness. These agencies unfortunately are not the norm but the exception.

Through the implementation of The “Brainfood Break”, which regularly and consistently serves as a reminder for healthy fat intake/ $\Omega 3$  and mental well being of peace officers, OFAN believes that many of the health impairments that frequently affect peace officers can be dramatically reduced.

once a month survey/polls





# What are omega-3 fatty acids, and why should I make sure to include them in my diet?

Omega-3 fatty acids (also known as n-3 fatty acids) are polyunsaturated fatty acids that are essential nutrients for health. We need omega-3 fatty acids for numerous normal body functions, such as controlling blood clotting and building cell membranes in the brain, and since our bodies cannot make omega-3 fats, we must get them through food. Omega-3 fatty acids are also associated with many health benefits, including protection against Heart Disease and Stroke, Reduced Stress, Inflammation, Anxiety and Fatigue. Improved Response Time/Reaction, Mental Focus/Clarity Cognitive Function, Eye Vision Health, Alertness, Immune System and more! New studies are identifying potential benefits for a wide range of conditions including Cancer, Inflammatory Bowel Disease, and other autoimmune diseases such as Lupus and Rheumatoid Arthritis.

## Omega 3 Deficiency Signs & Symptoms

### Afflictions Associated with a Deficiency of Omega-3 Fatty Acids

- Acne
- AIDS
- Allergies
- Alzheimer's
- Angina
- Atherosclerosis
- Arthritis
- Autoimmunity
- Behavioral Disorders
- Breast Cancer
- Breast Cysts
- Breast Pain
- Cancer
- Cystic Fibrosis
- Dementia
- Diabetes
- Eczema
- Heart Disease
- High Blood Pressure
- Hyperactivity
- Infection
- Immune Deficiencies
- Inflammatory Conditions
- Intestinal Disorders
- Kidney Disease
- Learning Disorders
- Leukemia
- Lupus
- Malnutrition
- Menopause
- Mental Illness
- Metastasis
- Multiple Sclerosis
- Neurological Disease
- Obesity
- Post Viral Fatigue
- Psoriasis
- Reye's Syndrome
- Schizophrenia
- Stroke
- Vision Disorders

Reference: Medline Medical Database 1999: Review of 1757 peer-reviewed articles

Figure 2



### 1. Skin related signs

- Dry skin and hair and soft or brittle nails
- Rough patches of skin
- Small bumps (like chicken skin) on the back
- of upper arms and legs
- Atopic allergies like eczema
- Dandruff
- Dry eyes

### 2. Attention and concentration problems

- Attention Deficit, hyperactivity
- Inability to concentrate

### 5. Inflammation related signs

- Joint pain – the Omega-3 called EPA can moderate the body's immune response and this has an effect on Rheumatoid Arthritis pain.
- Omega-3 reduces inflammation in the joints, so persons with Osteoarthritis supplementing with Omega-3 can expect to feel increased comfort in their stiff joints, particularly in the morning.

### 3. Mood related signs

- Anxiety
- Irritability
- Depression
- Mood swings
- Low frustration tolerance ("short fuse" or highly emotional outburst when things don't go as planned)
- Judgement issues

### 4. Energy and sleep related signs

- Fatigue
- Poor sleep quality

## Omega 3 Deficiency Signs & Symptoms



# The importance of the ratio of omega-6/omega-3 essential fatty acids.

Fat intake among Americans commonly falls into patterns that maintains an unhealthy ratio that is 15/1-16.7/1. OFAN recommends a balanced ratio of fat intake consisting of 4-5/1 in order to thwart common diseases and improve mental focus and cognition.

Several sources of information suggest that human beings evolved on a diet with a ratio of omega-6 to omega-3 essential fatty acids (EFA) of approximately 1 whereas in Western diets the ratio is 15/1-16.7/1. Western diets are deficient in omega-3 fatty acids, and have excessive amounts of omega-6 fatty acids compared with the diet on which human beings evolved and their genetic patterns were established. Excessive amounts of omega-6 polyunsaturated fatty acids (PUFA) and a very high omega-6/omega-3 ratio, as is found in today's Western diets, promote the pathogenesis of many diseases, including cardiovascular disease, cancer, and inflammatory and autoimmune diseases, whereas increased levels of omega-3 PUFA (a low omega-6/omega-3 ratio) exert suppressive effects. In the secondary prevention of cardiovascular disease, a ratio of 4/1 was associated with a 70% decrease in total mortality. A ratio of 2.5/1 reduced rectal cell proliferation in patients with colorectal cancer, whereas a ratio of 4/1 with the same amount of omega-3 PUFA had no effect. The lower omega-6/omega-3 ratio in women with breast cancer was associated with decreased risk. A ratio of 2-3/1 suppressed inflammation in patients with rheumatoid arthritis, and a ratio of 5/1 had a beneficial effect on patients with asthma, whereas a ratio of 10/1 had adverse consequences. These studies indicate that the optimal ratio may vary with the disease under consideration. This is consistent with the fact that chronic diseases are multigenic and multifactorial. Therefore, it is quite possible that the therapeutic dose of omega-3 fatty acids will depend on the degree of severity of disease resulting from the genetic predisposition. A lower ratio of omega-6/omega-3 fatty acids is more desirable in reducing the risk of many of the chronic diseases of high prevalence in Western societies, as well as in the developing countries, that are being exported to the rest of the world.

*Simopoulos AP. Biomed Pharmacother. 2002 Oct;56(8):365-79. Review. PMID:12442909. [PubMed - indexed for MEDLINE]*



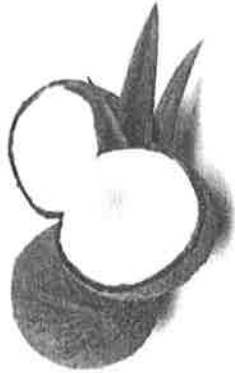
# fats/oils:

cleaning up your diet by using the right fats & oils is essential to improving your health from the inside out.

## WHICH TO EAT:

### SATURATED FOR HOT USES

non-animal fats, organic unrefined forms are ideal  
 coconut  
 palm



### UNSATURATED FOR COLD USES

organic, extra virgin and cold pressed forms are ideal  
 olive oil  
 sesame or  
 nut oils: walnut, pecan, macadamia,  
 flaxseed oil  
 avocado  
 nuts & seeds  
 (including nut & seed butters)



1. The following is not meant to be a comprehensive list of oils. It is meant to provide a general overview of the types of oils that are available and their uses.

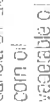
## WHICH TO DITCH:

### SATURATED

man-made fats are never healthy, trans-fats are particularly harmful.  
 hydrogenated or partially hydrogenated oils  
 man-made fats often found in "buttery spreads" including brands like Earth Balance (Benetrol) and I Can't Believe It's Not Butter (a name a few

### UNSATURATED

these oils are highly processed and oxidize easily via one or more of the following: light, air or heat. Consuming oxidized oils is never healthy.  
 canola oil; also known as refined seed oil  
 corn oil  
 vegetable oil  
 soybean oil

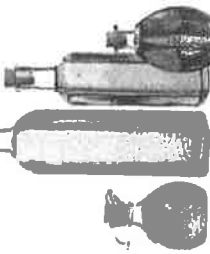


## Sustainable Omega 3

- Perilla oil
- Basil or parsley (fresh)
- Dried herbs such as cloves or oregano
- Chia seeds
- Hemp seeds
- Flaxseed (meal and oil)
- Walnuts
- Broccoli, cauliflower, winter and summer squash
- Green leafy vegetables such as kale,
- spinach and collard greens
- Walnut oil
- Mustard oil

## Good Fats VS BAD FAT

NO LONGER RECOMMENDED



#ActOnFats #BrainFoodBreak

**Seeds** Flaxseeds are probably the most well known plant-based source of omega-3. They are rich in fiber, which translates to good digestion, and full of omega-3 for a healthy heart. They also make a dandy egg substitute for vegan baking. Chia seeds provide a healthy dose of omega-3 as well as calcium, and hemp seeds are loaded with protein and omega-3. Other seeds like sunflower, safflower and pumpkin have omega-3, but they have it in unfavorable ratios. Check out these articles for more info on these seeds, and try the recipes to help balance the diet: [All About the Health Benefits of Flaxseeds](#), [with Tips and Recipes](#), [All You Need to Know about Hempseeds](#) and [New Ways to Use Chia Seeds in Your Recipes](#).

**Leafy Greens** Admittedly, dark leafy greens are not massive sources of fat in any form; however, their ratio favors omega-3, so this is yet again one more reason to get that daily intake of roughage. Romaine, arugula, spinach and an edible weed called purslane (also good in salads) are all green givers of omega-3 fatty acids, and they all work fantastically raw. Here are some helpful recipes to keep the intake interesting: [Raw Vegan Caesar Salad](#) (substitute the above seeds in the dressing for even more omega 3), [The 6 Healthiest Ways to Eat Spinach](#), [Quinoa Salad with Figs, Purslane and Goji Berries](#) and [Arugula: Health Benefits, Tips and Recipes](#).

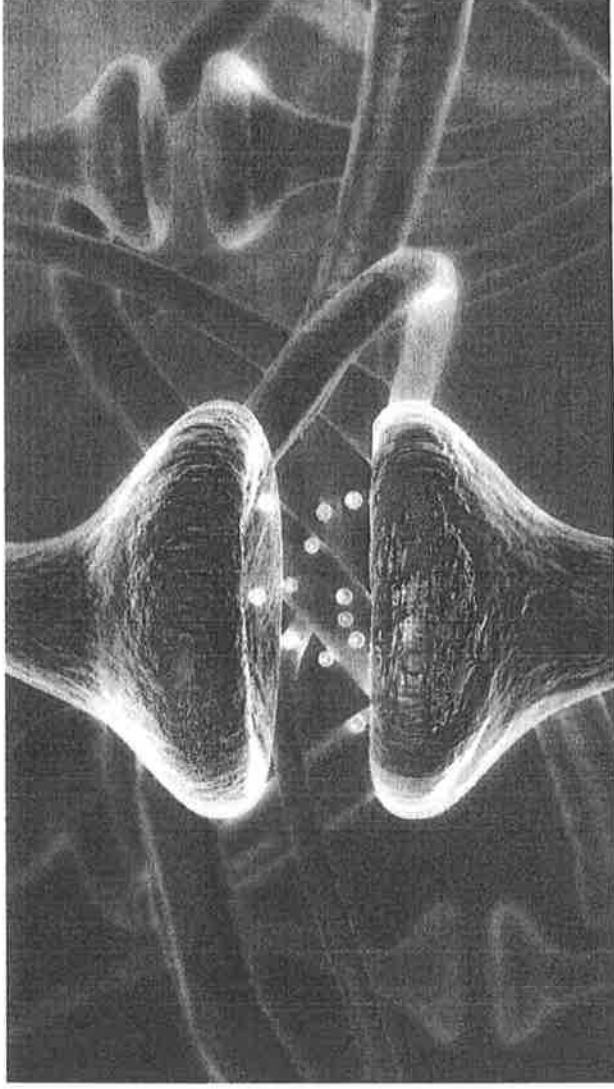
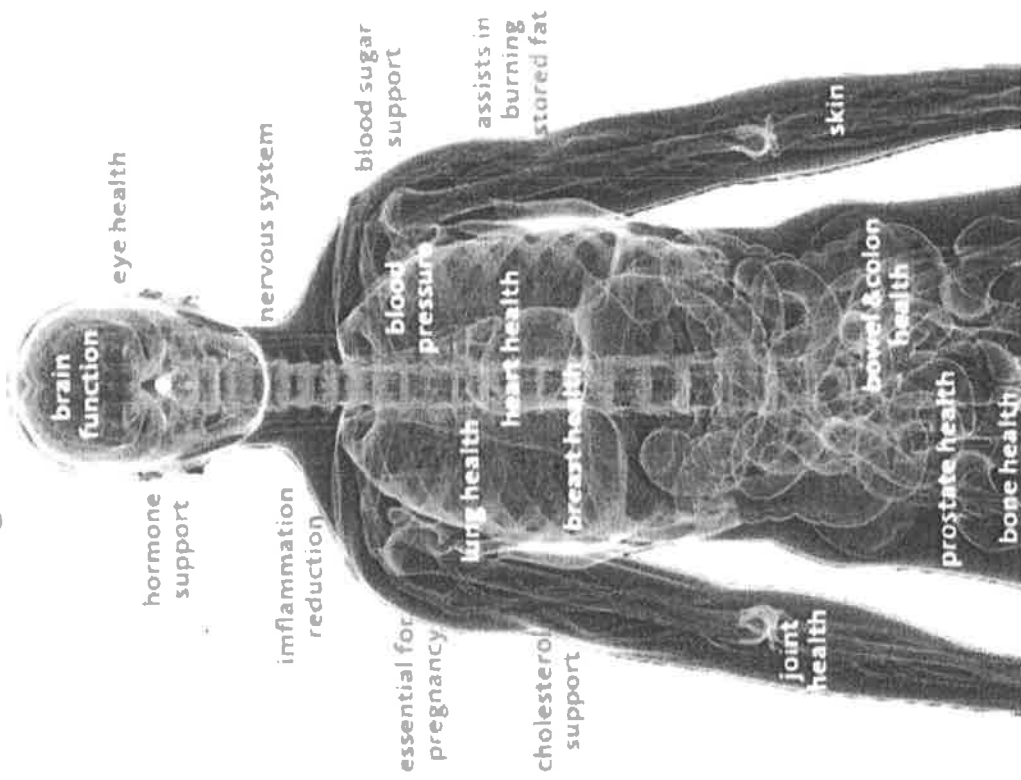
**Beans** Like greens, beans don't deliver the whopping amount of omega-3 that seeds and nuts do, but the ratio is the right way. Mung beans top the chart with nearly fifteen times the omega-3 as omega-6. Other omega superstars from the bean brigade are navy beans, kidney beans and the controversial soybean. Beans, of course, are a great source of fiber and plant-based protein, so this works out well for vegans. Try a few new recipes with favorable omega balance: [Mung Bean and Root Vegetable Curry](#), [White Bean and Sweet Potato Burgers](#) and [Cajun Corn and Kidney Bean Salad](#).

**Cabbages** The whole family of cabbages tends to provide more omega-3 than omega-6, with cauliflower (not normally high on the cabbage radar) being the best provider. Broccoli, bok choy and Brussels sprouts should also be high on this list, though they are not customarily thought of as cabbage. The classic cabbages also maintain the better, balancing ratio but not to the same degree. Nonetheless, every little bit helps, so give these dishes a go: [Cauliflower Picatta](#), [10 Ways to Make Awesome Summer Slaws](#) and [5 Ways to Get Anyone to Love Brussels Sprouts](#).

**Winter Squash** Listed time and again on best of omega-3 rundowns, winter squashes do well as a richer source of omega-3. Winter squashes include familiar favorites like acorn squash, butternut squash, and any number of pumpkins. All of these are, of course, fantastic for soups and roasting, such as in: [Mango Butternut Squash Soup](#), [Pigeon Pea Soup with Opo Squash and Roasted Acorn Squash Stuffed with Quinoa Mushroom Pilaf](#).

As a last note, we should acknowledge that several nuts, particularly walnuts and pecans, have high levels of omega-3, but not nearly as high as their omega-6. Olive oil is not dissimilar, with nearly ten times the omega-6 as it has omega-3 (Try mustard oil for a better ratio, though still not balanced). Even seaweed has more omega-6 than omega-3. So, while these are high sources of the good fat we are looking for, by virtue of the ratio we are after, they are not the highest sources.

## Omega-3 Health Benefits



## Improve Your

- Response Time/Reaction
- Mental Focus/Clarity
- Cognitive Function
- Eye Vision Health, Alertness
- Immune System
- Injury Recovery Time



To **Whatever extent stress, anxiety and cognitive impairments** are exacerbating bad judgement calls and liability damages by officers. We can use nutrition strategically to ensure those risks are ameliorated

## OFAN Recommendations

- Assessment - Health check up to measure fat imbalance - Blood work
- Brainfood Break Reminders posted in station Perhaps accompanied with paycheck
- Identify places to obtain healthy fats while on the job
- Mention Omega balance in connection with School outreach
- Mention Omega balance with all organizational outreach. Ex. Anti-Bullying Organizations
- (Identify outreach personnel / OFAN Liaisons) Ex. Radio, T.V. and School Announcements /

Sports Announcements



## Tracking Progress

- Monthly Survey for Peace Officers and personnel
- Number of events mentioning Omega imbalance
- Food Survey for foods consumed on the job
- Number of Social Media mentions about Omega imbalance

## Recognition

QFAN wants to recognize the officers that are leading the awareness of Omega imbalances in their community. By participating in the monthly tracking we can identify those officers and provide proper recognition for their outstanding efforts.

