

LEMON CREEK JOURNAL

INSIGHTS & IMAGES OF CORRECTIONS ON THE LAST FRONTIER

LEMON CREEK CORRECTIONAL CENTER, JUNEAU, ALASKA



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ONLY COURAGE CAN BALANCE THE SCALE OF UNCERTAINTY



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To our readers:

The Lemon Creek Journal is a quarterly e-Publication of Lemon Creek Correctional Center, Juneau, Alaska. The Journal's mission is to inform, engage, and challenge Corrections professionals and the public to think critically about the challenges facing Alaska's correctional system. So that we can be more responsive to our readers, please share with us your impressions and suggestions by emailing the Editor at daryl.webster@alaska.gov.



A MESSAGE FROM THE SUPERINTENDENT

A few months ago, I was browsing through G drive in search of a document and came across a file labeled “Old Sergeants Folders.” My mind began to wander a bit, and in question I thought out loud, “Old sergeants?” As I reflected on the old sergeants, names like Robertson, Anderson, Stoddard, Riley, Beegle, and Antrim came to mind, and I wondered what pearls of wisdom they left behind that had been saved on our computers for so long. Curiosity of course got the best of me and I couldn’t keep the mouse cursor from hovering over the folder, I clicked, and it opened. I read the names out loud one by one, Bonn, Corcoran, Good, Malacas, Patten... what! I thought, “These aren’t old sergeants!” I had seniority on two of these employees and they certainly aren’t old, and then I thought out loud again, “Well at least not old to me.”

Sitting there I realized that many of our newer correctional officers have no idea who these individuals were, never worked alongside them, never served under their leadership. I reflected on the good qualities these, “old sergeants” instilled in their peers and subordinates and it occurred to me that the impact of their leadership is still felt here, even though some have no clue who they were. Their influence can be quietly heard in the echoing of our FTO’s instructions, orders, coaching, mentoring, and guidance that is given to our new hires.

In my 23 years of service to the State of Alaska I cannot look back at my journey without seeing Sergeant Pat Beegle and Sergeant Marc Antrim and the tremendous impact their guidance and leadership had on me. I credit both men with teaching me more in my first two years than I learned from all other combined leaders here in my first ten years.

At times I find myself sharing knowledge and strategies with staff that were directly passed on to me by these two men, over twenty years ago.

Lemon Creek has been in operation for almost 60 years, with thousands of correctional staff having come and gone during that time, and they should and must be remembered and recognized in all our successes. A good deal of our strength comes from those who walked before us as they learned through trial and error how to be and how to make this place be the best. The correctional life lessons learned and passed down by these men and women are part of why we are fearless, courageous, compassionate, strong, and unfailingly vigilant in protecting the public. As said, so many people have come and gone, but their imprint can still be felt, and they still walk these halls with us in spirit.

I am reminded of the of the poem, “The Bridge Builder” by Will Allen Dromgoole:

*An old man going a lone highway,
Came at the evening, cold and gray,
To a chasm, vast, and deep and wide,
Through which was flowing a sullen tide.*

*The old man crossed in the twilight dim;
The sullen stream had no fear for him;
But he turned, when safe on the other side,
And built a bridge to span the tide.*

*"Old man," said a fellow pilgrim, near,
"You are wasting strength with building here;
Your journey will end with the ending day;
You never again will pass this way;
You've crossed the chasm, deep and wide-
Why build you this bridge at the evening tide?"*

*The builder lifted his old gray head:
"Good friend, in the path I have come," he said,
"There followeth after me today,
A youth, whose feet must pass this way.*

*This chasm, that has been naught to me,
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him."*

Our watch, the mantle of security, comes with a specific set of responsibilities passed down from one person to another, so that there is never a break in the circle of our continuous unwavering dedication to protecting the public. This facility has been staffed by courageous men and women around the clock continuously for nearly 60 years, and we keep on!

I've never been prouder to be associated with such a fine group of people! Thank you for all you do!

Be vigilant, be aware, be safe.

Bob Cordle,
Superintendent II



EMPLOYEE OF THE QUARTER

PO Katherine “Sully” Sullivan

PO Sullivan was nominated for this distinction because of her consistent work focus and for stepping up at a time when she has been the only Institutional PO available to do the work of a 3-person unit. PO Sullivan, “Sully” to all who know her, has worked as a PO at Lemon Creek for the past eleven years. Prior to that, she was a supervisor at the Johnson Youth Center for 17 years and worked three years at Juneau Youth Services. In the many years that PO Sullivan has worked in the Corrections field, she has always focused on helping inmates to improve their lives, while holding them accountable for their behavior. In a recent period of staffing crisis, she stepped up, no questions asked, and has essentially added every inmate in Lemon Creek to her case load, while maintaining the same focus for which she is known. We are all proud to have PO Sully on staff and to honor her as Employee of the Quarter.

The Crisis

These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman.

From *The Crisis*
by Thomas Paine

My kids like to play the “Would you rather” game. It goes something like this: “Would you rather eat worm guts or fish snot?” Followed by, “Would you rather be eaten by a shark or eaten by a bear?” and on and on and on.

I thought about this game the other day, while reading the news. Alaska's economy is still struggling, the state budget is up in the air, rumors abound about what the future holds for state employees. Whatever the alternatives to resolve Alaska's problems, none of them are likely to be very appetizing. And while there is a certain John Wayne appeal to cowboying up and refusing to fear the unknown, bravado assumes that at some point the unknown will reveal itself as something that we can confront, influence or overcome. What if that assumption doesn't hold up?

We have such a great team here at Lemon Creek, so mission-focused and professional. Self-sacrificing too. I can't count the times we have asked various of you to go the extra mile, knowing without a doubt that you

would do just that. But in these uncertain times, the sobering reality we can't escape is that undertaking our mission also puts food on the table, pays the mortgage loan, and keeps the tax man at bay. The uncertainties we fear defy even cowboy logic, because they challenge our ability to hold together the suddenly fragile nests we have woven for our families and because we lack the information and the power to confront them.

So here we are. The prison walls still stand and the lights still burn. There are inmates to care for and plans to make. Shifts come and go like clockwork and the Spring days grow longer beneath a waxing sun. How do we live with courage and faith in the present, in the face of such an uncertain future?

To begin with, these aren't the first or even the worst hard times Alaskans have encountered. Every disaster of our ancestral experience has been followed by prosperity, but only for those with the gumption to endure until the good times return. We don't know how bad the bad times may get

or how long they will last, but the one dead-bang certainty we can rely on is that they won't last forever.

Second, our mission is vital and it deserves our attention, even as uncertainty swirls around us. The public, our community, relies on us to protect them, even when they fail to acknowledge our worth. Important work must be done and frankly, no one is up to the task but us. Even if some consider us expendable or replaceable, Juneau and the state of Alaska are better places because we serve. That is a distinction worth hanging onto.

Finally, these are the times that try our souls and forge the iron of our character. When lack of information breeds fear and uncertainty, we must recommit to our mission, to one another and to our professional family. Let us carve out an island of certainty amid unseen currents, where our common trust, hard work, and determination will sustain us. Let us survive together, overcoming what we can, outwaiting what we must, until we emerge stronger for having faced our time of crisis together.

Daryl Webster
Superintendent I
Lemon Creek Correctional Center

Two Good Buddies

By Corporal William Young

I have a couple of good buddies. They are the type of buddies that everyone should have. They are honest and loyal and hardworking and neither one of them is a Correctional Officer. These guys aren't just "come over once in a while and barbeque" buddies. These guys are "call them in the middle of the night and they will help you move a body" buddies. I love those guys.

Every so often my buddies and I get together for a night of light drinking and heavy discussion. We talk to each other about our fears and our families, our worries and our wants. We ponder our purpose on this planet, and we share our plans for the future. Our conversations, our connection, help me detox and detach from the world of corrections. Our time together is therapeutic for me, to say the least.

So, one night, while we were sitting around the fire pit in my drive way, one of my buddies pulls out this book entitled "The Other 8 Hours," by Robert Pagliarini. He showed us the cover, and said that he'd like to read us a couple of pages. Sure, why not.

The first paragraph he read introduces us to a man named Josh. It talks about how Josh gets up early every morning and eats a healthy breakfast. It talks about how Josh likes to read the newspaper, so he can keep up on current events. The book talks about his exercise habits, and how he likes to spend time with his friends in the evening. It goes on to say how Josh is learning and growing and staying healthy by eating right

and working out five times a week. He reads and he writes and he plays games and he talks to his family at least once a week. Yep, Josh has it all.

Then we meet Eric. Eric is the complete opposite of Josh. Eric gets up in the morning, slams a cup of coffee, and makes a forty-minute commute to work. A thirty-minute lunch break is the only thing that breaks up an otherwise stressful day. The book talks about Eric's drive home, and how he zones out to the radio trying to decompress from the day's events. The book talks about how Eric and his wife talk about going to dinner and a movie, but instead they eat McDonald's and loaf on the couch all night.

It goes on to say that Eric is unhappy and unhealthy, and that he is saddled with a huge amount of debt. It says that Eric can tell you the score of the "big game" but that he has no knowledge of what's happening in his own community. It ends by saying that Eric wishes he could escape it all.

And then the twist! It turns out that the first guy, the care free, eats healthy, has time for friends and family guy is an inmate. And Eric, with all of his stress and his unhealthy habits and his disappointment is an Officer in the prison that the first guy is incarcerated in.

Mic drop.

So, why do I share this with you?
Well, I guess for the same reason that my buddy shared it with me. He knew that I

would get the message because he saw that I was Eric. I share it with you because I see Eric in you as well.

See, like Eric we expend a lot of emotional energy on things that don't really matter, things that we can't control. Because we work in an environment where we have little to no control over what happens, we seek out things to get worked up about. For example, when I leave for work, when I kiss my wife goodbye, I have no idea when I'm going to be home again. It could be 8 hours, it could be 12 hours, or I could get ordered to stay a second shift in which case it'll be over 16 hours before I return home. So because I have no control over my own schedule, because that situation is too much to deal with, I pick something small and meaningless to get worked up about, like a memo on a new policy that in reality has nothing to do with me.

Case in point, I remember losing my mind one morning because an Inmate in our behavioral segregation unit threw his breakfast tray at me. I was so worked up that I had to be relieved so I could go get a cup of coffee and calm down. It wasn't until days later that I understood the absurdity of my reaction to the inmate throwing a tray. See, he's supposed to throw trays. He's in the segregation unit, right? That's what happens in there. He's not in that particular unit for being a model inmate. Now, I'm not saying that you shouldn't be upset about having grits all over your pants. I'm just saying that maybe our reaction isn't always proportionate to the event in question.

Overreacting or underreacting to situations such as this is can be an indicator that we are

experiencing stress levels that are outweighing our ability to cope with those stressors. This can spill over into our home life and affect us personally as well as professionally. That's when we say that we're "too tired" to go to the party. That's when we say that we don't feel like going out tonight. That's when we stop exercising and doing the things that bring us joy. That's when we withdraw and isolate ourselves from the real world.

That's when we give up.

It'd be ironic if the populations we govern, the incarcerated individuals that we supervise, may be living a healthier or more fulfilling life than we are. If all that we do is work and go home and wait to go back to work, aren't we in the same predicament as the inmates? Aren't we prisoners? Aren't we wasting our life?

The trick is to triage all of the things in your life that require you to invest your precious time and emotional energy. Decide what is truly important to you and stop worrying about the rest. Your fatigue, your feeling of being "tired" may be directly related to your emotional overinvestment in things that you can't control. Spending your "free-time" barricaded in your house sprawled out on the couch may sound appealing, but it is no way to live. You go through hell during your work week! There isn't a soul out there that deserves to be happy more than you do. But you can't find fulfillment, you can't find relief, you can't find the cure to what ails you from the confines of your sofa.

So get up, get out, and do something, and take Eric with you.

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GEAR HEAD

BY SERGEANT JERROD ANDREWS

It all started during the summer of a different century. My band of redneck misfits and I were at a Boy Scout camp in a place I no longer recall. There were no adults, no supervision, and we weren't boy scouts. Well, maybe one of us was. It was a dark evening on that fall day with only the moon to shed light on that big open field. A slight nip in the air reminded us that summer had come to a close. The surrounding tree line was a dark and shadowy place. The random slight breeze swayed the trees just enough to give you the feeling that perhaps you weren't the only creature in the low lying mist. We were doing what any other bored teenager would do on a similar night. Dressed in all black BDU's, or the latest

fashion in camo apparel, we terrorized the night! It was us, versus those in the distant land. We stealthily moved through the night using the shadows to conceal our position from the enemy as we crept to our objective. The mission critical flag of our enemies was ours for the taking. As we secured the enemy flag we began the nerve racking task of successfully taking it back to our HQ. So the choice was ours to make. Do we utilize the shadows yet again knowing that we may stumble across our enemies at any moment in the dark forest, or do we just make a run for it across the open moonlit field? As long as we were not touched by our rivals we were safe. So we chose what every other impatient teenage boy would do. We ran like

hell! The grass crunched beneath our feet as we darted full sprint across the field. Our enemy spotted us. They began to yell as they heard us. Parachute flares shot into the night sky giving the darkness a red glow as if the end of the world were upon us. Our position was now known to everyone. Flashlights highlighted our position and the trees came to life as our foes began to pour out of them. "Half way there," I told myself as I ate up that field one leap at a time. The enemy was closing in on my position from every angle. Adrenaline pulsing through my veins as tunnel vision crept in. The surrounding world had suddenly shrunk, and the only thing that could be seen was our team flag that was now coming into view. The noise had disappeared. The world had gone silent as it felt like I was alone in that field. Fifty more feet and I would have reached my destination bringing this mission to a close. Thirty feet remaining and I could taste victory! Then suddenly I was hammered into the ground. The hit came out of nowhere. I was on the dew covered ground wondering what the hell had just happened. I had failed! My mission was a complete failure and I was now at the mercy of trash talkers from the other side. What had I done?

This was a life lesson that has stuck with me for over two decades. The nail that sticks out gets hammered. Running across enemy lines in the open was not one of my better ideas. The crunching ground revealed my general location to the enemy, and the power of the light that was emitted from the enemy flares and flashlights had narrowed that down to a very precise area. I was the nail that stuck out on that dark and cool evening. One of my friends was the hammer. What did I learn that night? It is better to be the calm,

cool, wide eyed person who can see the entire field of play instead of the guy with tunnel vision like I had. Having the power of the sun in the palm of your hand is also another key factor of that night's failed mission. I stuck out, my location had been given away due to the light and there wasn't a thing I could do about it.

A flashlight is a tool and is part of my EDC (every day carry). It can be as useful as an instruction manual for that project you may be working on. Sometimes light is the best way to actually "shed light" on a situation. Ever try and work on something in darkness? I know I have. A lot of times in fact, and I can tell you it is no fun. This addition of Gearhead will touch on this topic as we look at some light options and things to look for in a high quality flashlight or weapon light. So let us get started!

There are all sorts of variations of lights as we have all seen. Just like humans they come in all shapes and sizes. Handhelds, wrist mounted, headlamps, weapon lights, flashlights on our phones, and the list goes on and on. Being the Gearhead that I am I have many types at my disposal. The key things that I look at are battery type, battery life, type of bulb, size of the light, and how the light itself casts the light down range.

Battery type is important because a solid and reliable power source is what you want. Standard battery types like double, or triple A batteries mean that access to replacement power is readily available, inexpensive and can be found virtually anywhere. They provide less run time than what you would normally get from a lithium battery like a CR123A. But the cost and availability is great, although you are generally limited to a

lower lumen (brightness) light. Lithium batteries give you a longer run time with the ability to run some of the highest lumen bulbs currently available on the market and in some of the smallest platforms. Batteries are more difficult to find and unless you buy in bulk they can be very expensive.

Purchasing them from a grocery store can cost you upwards of \$4 a battery in some cases. Purchasing a 12 pack of Streamlight or Surefire batteries can cut that cost down to around \$1.50 and up. Most of you have experience with a lithium-ion rechargeable battery like the one that came with the Fenix PD35 that was given to us by the ACOA. Price is much higher when breaking into this style of battery and cost can start around \$20 for one. Over time though they are very cost effective because they can be recharged and used hundreds of times if taken care of properly. You will want to take note of the mAh of the particular battery that you may be considering to purchase. mAh stands for millamp hour and is a measure of power over time. The higher the number associated with mAh, the longer the battery capacity or battery life will be. All 3 battery options are great when paired with a high quality LED light and each have their place in this world. The trick is to find out which is best suited for your needs.

Growing up, at least for most of us I suspect, LED's were not available. In fact, they most likely weren't even invented yet. This means you ended up with an incandescent bulb which burned out, could be easily broken if dropped, was high on energy consumption, and let's be honest, they just weren't bright in comparison to today's lights. Some did not produce a solid stream of light due to how the bulb reflected itself off of the

internal mirrored housing. Maglights were notorious for this. They often had a black tear drop or ring in the middle of the beam. Although the light may have been bright, it may have been difficult to clearly see what you were looking at. Most of these styles of bulbs produced a yellowish hue downrange in comparison to the vibrant white light of a modern LED bulb. A high quality LED light will give you a solid round beam of light. A square beam with an LED is a sign of a lower quality housing assembly and overall low quality light. This is found more commonly with adjustable heads where you can have a small tight beam for distance, or turn the lamp head for a large beam to light up a large space. I prefer a high quality fixed beam handheld LED light when compared to an adjustable.

Another thing to consider is the spill of the light. In the center you would have your beam. It is the area where there is the highest concentration of light. The spill is the light that is surrounding the hot beam in the middle. A small tight beam out of a high lumen light is great for lighting up objects at great distance. However, for most areas that you may be working in for your hobby or tactical environment a very wide beam with a lot of spill can be good. It is one thing to use a flashlight to shine on an object. However, if that object is a potential threat, I for one would rather have both the object and the surrounding area as lit up as possible.

Compare the photos on the next page. On the left is a very inexpensive NC Star brand weapon light. It is approximately 175 lumens and the target is at 7 yards which is a good training distance in the concealed carry world. It is an adequate light and does the

job to help you identify your target. However, when compared to a Streamlight TLR-1 HL at 800 lumens you could say the comparison is night and day. You can see how the Streamlight has a good round beam. But the amount of spill that this particular light offers enables you the ability to immerse your area with the power of the sun. The TLR-1 HL can be purchased with prices as low as \$115. It is important that you consider purchasing a high quality light if mounting it to a firearm. The violent abuse that it will take can limit its life expectancy. My duty light has seen upwards of 3,000 rounds and works flawlessly. I have

been so impressed with it that I bought 2 more for other guns. For a more compact set-up check out the new TLR-6 and 7. The Surefire X300 is 1000 lumens and prices start around \$270.

A compact weapon light like the HL can be used on pistols or long guns. The Streamlight TLR-1 HP is designed to be a weapon light for long guns and distance. The newest variation of this light is 775 lumens and prices start around \$135. Remote on/off switches are available for select lights to help maximize shooter comfort and convenience.



Comparison of the NC Star weapon light vs. the Streamlight TLR-1 HL



Streamlight TLR-1 HL Left & Center, TLR-1HP on Right

Next, check out the illumination of the handheld Surefire G2Z and the Fenix PD35 in the photos on the following page. On the left, below is the handheld Surefire G2Z. This particular model produces 350 lumens. Its greatest feature is the way the body is designed. It was created to be used as a standard flashlight. But because of its

shape, can be used as a handheld weapon light. The newest version produces 800 lumens and comes in at \$95. The middle and right is the rechargeable Fenix PD35 at 7 and 25 yds. Although the Fenix is 400 lumens brighter, the quality of the Surefire can be clearly seen and is arguably just as bright at distance.



Light Comparison, Surefire G2Z left, Fenix PD35 center & right

Lastly, it is important to note that having the brightest light may not be the best thing in a tactical environment. Just like walking into a

dark room after being outside in the bright sun, you run a higher chance of losing your night vision once that high lumen light turns off.

Stay safe!

Jerrod Andrews



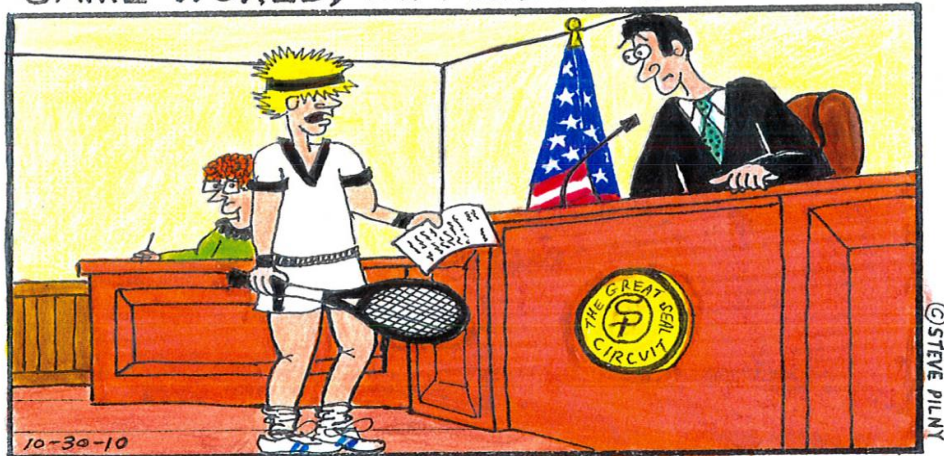
I would like to give a special thank you to AimHi Family Firearms Center located in New Albany, Ohio. They boast an excellent state of the art shooting facility, and offer a multitude of training and hunters education programs that are second to none. The staff was very accommodating and knowledgeable. Plus, they are a class 3 weapons dealer and have excellent prices on the toys that we love most. Check them out if you are in the area or online at www.goaimhi.com.

SAME WORLD, DIFFERENT DAY

Seen through the eyes of Steve Pilny

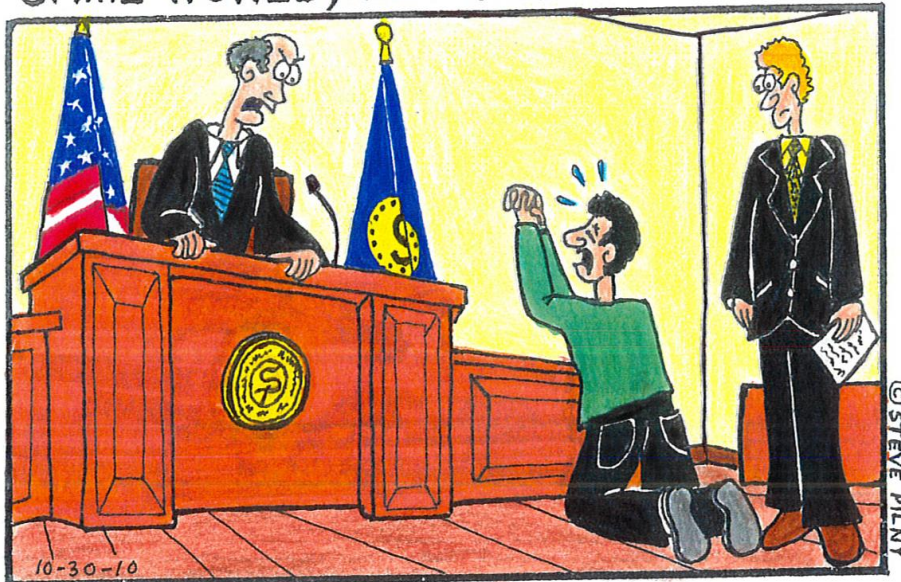


SAME WORLD, DIFFERENT DAY



"UH... I'M SUPPOSED TO BE HERE FOR A 'COURT' APPEARANCE?"

SAME WORLD, DIFFERENT DAY



"THAT'S NOT WHAT I MEANT WHEN I ASKED, 'HOW DO YOU PLEAD?'"

Lemon Creek Correctional Center wants YOU!!



Lemon Creek Correctional Center in Juneau, Alaska is currently recruiting Correctional Officers. To apply go to Governmentjobs.com/careers/Alaska/ and look for the Correctional Officer I position in Juneau, AK.

Why be a Correctional Officer at LCCC:

- Great Pay/Benefits
- Career advancement opportunities
- Premium schedule (7 days on/ 7 days off)
- Generous vacation leave
- Excellent training
- Great community to raise a family



If you have any questions contact Lt. Hoff at (907)465-6288 or Sgt. Headings at (907)465-6205. We are looking forward to talking to you.

