



April 10, 2008

WELCOME TO A COMMISSIONER'S CORNER SPECIAL SECTION:

FINDING FITNESS THROUGH COMPETITION

This special edition of Commissioner's Corner features a group of DOC staff members who have taken on the challenge of meeting personal fitness goals.

CORRECTIONS TEAMS TAKE ON 9-11 FITNESS CHALLENGE:



FROZEN CHOSEN: At a day before final measurements (April 3) this team photo was taken at the Palmer CC staff weight room.

Teams of (mostly) Correctional Officers at Hiland Mountain and Palmer Correctional Centers have accepted the 10th-annual [911 Fitness Challenge](#). Teams are made up of public safety professionals (police, fire,

public health, corrections, etc.) and compete to see which team can lose the most body fat while building muscle. Calipers (which measure body fat) are used instead of a scale. After initial measurements are taken just after New Years, the teams work out through this week's final measurements. Team members pay a \$49 entry fee, which is donated to [Shriners Hospitals for Children](#). When final measurements are completed, teams are ranked by national organizers.

Hiland Mountain Correctional Center is represented by two teams: Big House Bullies and the Hilanders. COIII Denise Denato thanked ACOA for its team sponsorship. The Big House Bullies includes Denato, COII Tracy Bullard, PTO Troy Zaumseil, COII Tracy Bahrakis and lead maintenance staff Dee Dellinger. The Hilanders (not pictured) are made up of Superintendent Dean Marshall, COIII Marcus Roulet, COIII Dave Beaulieu, COIII Rick McCafferty, and COIII Gloria Johnson.



HILANDERS: HMCC

Superintendent Dean Marshall, left, admitted some distractions over the last weeks of the Challenge, but praised his teammates for working hard and staying on task.

BELOW: *Three members of 'Big House Bullies' pause at the entrance to the facility.*



CORRECTIONAL OFFICERS Tracy Bullard, Denise Denato and Tracy Bahrakis.

Team members emphasized the value of the fitness challenge comes in making long-term lifestyle changes. Team members said: “It’s a 12-week commitment. You take measurements at the beginning and you take measurements at the end. The goal is to lose body fat and gain muscle. It instills a sense of fitness, because you’re not going to get it through losing weight on a crash diet.

“The program helps you meet personal goals because you’re working as a team. If you get off track – and it’s easy to do – your teammates can help reverse that. The real challenge is after you’re done – keeping your discipline and not going back to bad habits.

“We’ve all improved to some degree. The timing of the program is really good. You start right after the Holidays, and when you have a good jump start on summer.”

PTO FOCUSES FITNESS ON BODYBUILDING COMPETITION:



When Transportation Officer Cindy Roediger got tired of her old job (too much sitting around), she considered applying to be a police officer or firefighter. Instead, she chose a career with the Department of Corrections. “The draw was the week-on, week-off schedule,” she explained, and was drawn to being a transportation officer through a connection from her previous job.

“I’ve always been active in sports, but injuries eventually pushed me out,” she explained. “I started hitting the gym more, and that’s how I discovered competitive bodybuilding.” At the NPC 2008 Last Frontier State Championships in Anchorage on April 5, Roediger placed first in women’s middleweight, was named best poser and was first in mixed couples. Next up is the prestigious Emerald Cup in Bellevue, Wash.

Cindy is married to Kenneth Roediger, a COII at Spring Creek. “Probably 70 percent of what I do is eating. I eat six meals a day, and I make up every meal 2-4 weeks ahead of time. To compete in this sport, it really helps if you’re organized.”