

LEMON CREEK JOURNAL

TRAINING, NEWS & EVENTS FROM LEMON CREEK CORRECTIONAL CENTER

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IN THIS ISSUE

Message from the Superintendent	1
Security Update	2
Wellness Committee NFL Trivia	5
Health & Safety	6
Wellness Committee Food For Thought	8
Legal Matters	9
Wellness Committee "Do It Anyway"	13
Wellness Committee Healthy Food & Weight Loss Challenge	14



A MESSAGE FROM SUPERINTENDENT

Bob Cordle

Welcome to the first edition of Lemon Creek Correctional Center's Quarterly Training Bulletin and News Letter!

The overall objective of having a facility training bulletin and newsletter is to disseminate information that will educate, promote unity, improve morale, and keep us up to date on change. This publication is designed to benefit all employees at Lemon Creek Correctional Center.

I have stated many times in my career, and it is still my conviction, that in this line of work communication is our greatest tool and unity is the key to our success in every endeavor that we pursue within these walls.

In a training course I provided years ago I stated this, "Other than combat situations I know of very few occupations that require complete and absolute reliance on the person next to you." No matter what our job titles are here at the facility, the term, "I've got your back," has significant meaning in a prison setting.

Please take advantage of and utilize the articles and training opportunities this resource will provide. I am grateful to all employed here and who with dedication and diligence make Lemon Creek Correctional Center what it is.

Happy Reading!

If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.

- Alan Simpson

My goal in life is to be as good of a person as my dog already thinks I am.

- Unknown

SECURITY UPDATE

Stinger

Be on the lookout

Due to the recent influx of transfers I found it pertinent for me to pass on this bit of information discovered at the Spring Creek Correctional Center. Officers there recently started to find these (see pictures) cell made contraptions. At first glance during a shakedown or pat search you may find yourself scratching your head trying to figure out what these contraptions may be used for. Your first thought when you find one of these will inevitably be this is not authorized and was not issued through normal channels, but what is it? It's the 'ol standard two-wires connected to metal plates. These items are commonly referred to as "stingers", and are frequently made and used to heat water, not to mention, pruno. A slightly modified version could be used to light tobacco or possibly illegal substances used for smoking or even injecting. The metal plates at the end of the wires must be insulated from each other, and this can be easily accomplished using available materials. If not done properly, the breaker will pop. The liquid that the metal business-ends are

submerged into completes the circuit. As you probably already know, the wire ends are plugged into a wall socket or the ends of batteries (light duty heating applications) for an energy source, and voila': Significant, sustained rapid heat is produced. Side effects can include, but are not limited to tripped breakers, burned fingers, write-ups, and of course ... potential death from electrocution. So due to the high number of transfers we can be assured that it will be only a matter of time before we start seeing these show up here.

Stinger Examples



Developing a Reasonable Use of Force Continued...

During the use of force class several of you asked questions, and we discussed the topic of continued learning. One of the questions that were brought up had to deal with was when it was appropriate to strip search a new remand. This question was brought up because *Zehring v. State of AK (1977)* and we

discussed issues with bail and the “Golden Hour.” This also brought up questions about searching new remands as they are coming into the facility for the first time. Many Officers knew about this, but we didn’t know where this was written.

Below you will read what protects us to do our jobs.

22 AAC 05.010. Search upon admission

- (a) Facility staff members shall frisk a prisoner and hand-carried items for weapons or other contraband immediately upon entrance to the facility.*
- (b) A full and complete search of the prisoner and his or her personal effects must be made to complete the admission process. The purpose of the search is to account for property, seize contraband, or ascertain the prisoner's true identity. The staff member shall require the prisoner to undress as part of the search upon admission. Absent exigent circumstances, a staff member of the same sex shall conduct a search of the person. A search may be deferred while a prisoner is incapacitated.*
- (c) Notwithstanding (b) of this section, the search may not take place if the prisoner is able to post bail or otherwise arrange release within one hour after entrance into the facility.*

22 AAC 05.015. Communications upon entrance

- (a) Immediately upon entrance to a facility, a person under arrest for a new criminal offense or probation or parole violation must be permitted to complete phone calls or otherwise communicate with an attorney and any relative or friend. All long distance phone calls must be made collect or arranged so as not to be made at the expense of the facility.*
- (b) Facility staff members may complete the procedures outlined in 22 AAC 05.010(a) before allowing a person to communicate under (a) of this section.*

About the Author

Sgt. Shriver R.

Security / Training Sgt. At Lemon Creek Correction Center

Began a career in law enforcement in 1999 with the Westminster City Police Department as an auxiliary Officer doing community policing and working with the D.A.R.E. program in the public school system. In 2001, enlisted in the United States Marine Corps and attended the Military Police academy. After eight years of service, began studying to finish his bachelor degree. In 2012 began working at Gastineau Human Services and a short time later began a career as Correctional Officer at Lemon Creek Correction Center.

NFL TRIVIA

Be the first to email the correct answers to these 10 NFL questions to Lydia.oleary@alaska.gov and win a prize!

- What Native American language was Super Bowl XXX the first to be broadcast in?
- What Dallas Cowboy's 99 yard run from scrimmage put him in the NFL football record book in 1983?
- What teams played in the first all California Super Bowl?
- What NFL team introduced the no-huddle offense during the 1980's?
- What Baltimore Colts great led the NFL in passing in the 1960's with 26,548 yards?
- What Pittsburgh Steelers great was the first wide receiver to be named Super Bowl MVP?
- What NFL team once had Bob Hope, Henry Mancini, Maureen Reagan and Danny Thomas on its advisory board?
- What did a Buffalo fan hit Chuck Foreman in the eye with during a game, ending his chance of winning the AFC rushing title in 1975?
- Who was involved as a player or coach in three Super Bowls with the Cowboys, two with the Eagles and one with the Bears?
- What Vikings quarterback has been called the NFL's "Original Scrambler?"



Bears and Packers, 2007 photo by Paul Cutler, Chaska, USA.



Health & Safety

The Unconscious Unresponsive inmate, what do we do with them?

By Jill Robinson, Nurse III

Hangings, bleeding, drug overdoses, diabetes are some of the most common causes of the unconscious unresponsive inmate. The average age of incarcerated individuals nationwide is increasing also and with that comes chronically sicker inmates that may have a higher risk of heart disease and other co-morbid factors. Finding someone that is unresponsive secondary to attempted suicide, accidents or illnesses is more common than we want to think. The question is: how do we deal with them? SAFETY FIRST! Always make sure the scene is safe for the rescuer. That includes everyone that would respond to the emergency. Use department policy for how many need to be on scene before entering a dorm or mod. Waiting is one of the hardest things to do; it is the standard policy on the outside too. Notify the nurse ASAP and tell them why they are needed as well as where, and have someone call 911. If the inmate is faking it, we can always cancel the Ambulance.

After assuring the scene is safe and secure, then each incident may be handled slightly differently. Victims may need to be moved to a safer location to work on them for various reasons such as; there may be other inmates around, the area may be too small to work in, they may be lying in a pool of water or blood or the lighting may not be good.

CPR needs to be started on all individuals without a pulse unless they have been decapitated. Remember CPR is now compressions only, until the nurse or ambulance crew arrives.

The nurse will bring an AED with them, but if there is no nurse on duty or they are not in the medical office when the call comes, then you will need to know where the other AED's are located. One is in post 3, and two are in booking. As soon as the AED arrives to the scene it should be placed on the unconscious individual and turned on. Follow the prompts for what to do next.

Hangings: please cut them down, remove and save the noose as it is evidence. Start chest compressions and use the AED.

Bleeding: either on purpose or accident is messy business. Always a good idea to keep gloves on your person to deal with it should it happen on your watch. Keep them in a pouch on your belt or in your pocket. Direct pressure to the wound is good. Be aware that a good number of inmates have blood borne communicable diseases and for that reason, take extra precautions around blood. They may need CPR.

Drug overdoses and medical problems are not always easy to distinguish, so if the victim is pulseless then start chest compressions. Narcotics are depressants and slow down a person's breathing and heart rate and as such, the victim may need CPR until medications are given to reverse the effects of the drug.

Diabetics: we have a few of these. If you find one unconscious, please check a pulse first as they do not need CPR unless their heart has stopped which is not common with them. They need sugar. The nurse or ambulance crew can help them with this.

The ambulance crew can confirm death but they will not transport a dead person out of here. If they confirm that someone is dead, we will have to leave the body where it lies until the coroner or his/her agent comes to claim the body and Alaska State Troopers conclude their investigation. Do not remove any equipment that was placed on the deceased by us as this is part of the investigation. You may cover them with a sheet or blanket. You will then need to follow the DOC policy on Death of a Prisoner found in DOC Policies and Procedures 104.04.

I hope this helps with knowing what to do if you are unfortunate enough to be on duty when someone goes unconscious. If you have any questions then feel free to stop by medical.

Jill Robinson is a Nurse III, with extensive experience as an EMT, Paramedic, Firefighter, ER and Corrections Nurse.

Wellness Committee
Food For Thought – Who Am I?

You may know me.
I'm your constant companion.
I'm your greatest helper.
I'm your heaviest burden.

I will push you onward or drag you down to failure.
I am at your command.
Half the tasks you do can be turned over to me.
I'm able to do them quickly, and
I'm able to do them the same every time.

I'm easily managed...all you have to do is to be firm with me.
Show me exactly how you want it done
After a few lessons, I'll do it automatically.

I am the servant of all great men and women.
And, of course, servant of all the failures as well.
I've made all the great individuals who have ever been great.
And I've made all the losers too.
I work with all the precision of a computer
And the intelligence of a human being.
You may run me for profit, or you may run me into ruin.
It makes no difference to me.

Make me a strong part of your life.
Be easy with me and I will destroy you.
Be firm with me and I'll put the world at your feet.
Who am I?

I am HABIT

Unknown Author



LEGAL MATTERS

Sticks & Stones May Break Your Bones.... But Words Will Squash You Like A Bug

by

**Daryl Webster, Assistant Superintendent
Lemon Creek Correctional Center**

In this article, we will address three questions about potential problems that can arise when we mix personal and business communications and communication channels.

Question One: Can I use State of Alaska computers or telephones to conduct personal business?

Question Two: Can I use my personal phone or computer to conduct state business?

Question Three: If I do either of the above, are the contents of those communications private?

Most employers understand that employees must occasionally deal with personal affairs on duty, such as making medical appointments or resolving family emergencies. For example, the Alaska Administrative Code, in discussing the executive branch code of ethics, authorizes officers of the executive branch to use state time and equipment for personal business, so long as the officer's supervisor determines that the use is insignificant (9 AAC 52.050). When such exigencies arise, using a work computer or telephone may be the most practical means of carrying out necessary but brief personal communications. Alaska Department of Corrections Policy & Procedure 202.15(VII)(A)(10) provides that unprofessional use of state time includes:

...engaging in *lengthy* (emphasis added) personal phone calls and any other action which results in a failure to be attentive of the security and safety of the facility....

It follows that personal phone calls that are reasonably necessary and brief are permissible. Any questions about the permissibility of using DOC resources for email or telephonic communications are best resolved by consulting a supervisor. Problems that arise from the use of agency computers, telephones, or radios, invariably result from communications that stretch or explode the bounds of reasonableness.

- The Michael Brown shooting, in Ferguson, Missouri prompted a Department of Justice inquiry into the Ferguson Police Department. During a thorough search of agency email, reviewers found

a series of racially inappropriate emails between a city court clerk and at least two police officers. The court clerk was fired and the officers resigned. The Ferguson Police Department was needlessly embarrassed and brought one step closer to the possibility of mandatory federal oversight.

- New York news outlets reported last year that a Cheektowaga, NY cell block officer was arrested after posting a Facebook exchange with family and friends, threatening to shoot gay people. The officer resigned his position.
- A Nashville correctional officer was charged with having sex with an inmate and was found to have regularly communicated with inmates via social media.
- At least seven San Francisco Police Officers were recently investigated for texting racist and homophobic messages. The texts came to light after another SFPD officer was prosecuted for wire fraud and his phone records were reviewed by investigators.

These cases have a number of common characteristics:

- While not necessarily illegal, each communication contained highly inappropriate racial or sexual content;
- The messages were conveyed digitally, creating a physical record;
- The persons communicating the messages almost certainly believed that their communications would remain private;
- Revelation of the communications proved career-threatening.

What does the law say?

Alaska Statutes section 40.21.150 provides that a “record” is any electronic record or other document, developed or received as required by law or in connection with official business and which is appropriate for preservation as evidence of the agency and its policies, functions, decisions, etc., or because of its value as information about an official organization. In sum, a record is any communication or document that is prepared or received in the process of doing business or which has to do with the official functioning of the organization. As you can imagine, few personal messages transmitted by official email or government cell phone will qualify as government records. Relatively few messages transmitted by a privately owned computer or phone, even though they may reference DOC or its business, will qualify as official records. As the Alaska Records Retention Schedule describes, such messages are “transitory in nature,” primarily intended to transmit informal information, not to perpetuate or formalize knowledge about the organization.

However, it is possible to communicate a message, either by agency email or by personal means that is so relevant to DOC business that the message may constitute an official record, as described above. For example, an email or text message between a supervisor and an officer, discussing a confrontation with an inmate or the steps necessary to implement a new policy might arguably constitute public records. The Records Retention Schedule provides that emails constituting a record, per AS 40.21.150 must be retained according to the terms of the schedule, including texts and instant messages.

The practice of using personal email to conduct official business played out before the Alaska Supreme Court in 2012, in the case of *McLeod v Parnell*. McLeod sued the state of Alaska and former governor Palin, claiming that the governor's use of private email accounts to conduct state business was improper and that McLeod was entitled to access those emails via Open Records request. The Court made two findings:

First, that the use of private email to conduct state business was not, per se, an obstruction of access to public records and was not, as a matter of law impermissible; and Second that private emails used to conduct state business and that are suitable for preservation (as described above) are "Public Records" and must be preserved. Those private emails that do not meet the criteria for preservation are not public records and may be discarded. (*McLeod v Parnell*, 286 P.3d 509(2012).

What the *McLeod* case means to DOC employees is that it is not illegal to use personal email, text messaging, etc. to discuss state business, but if you do, your communication may become a public record. Once it achieves that status, you cannot dispose of it outside the requirements of the retention schedule and it may become public.

Boiling It All Down:

The DOC Employees Code of Ethical Professional Conduct requires all of us to provide professional service, without discrimination. The Alaska Information Security Policies, ISP 172 provides that improper email and communications include those that are:

- Harassing
- Indecent or obscene
- Made for personal gain
- Illegal

Our conduct and communications, both on duty and off should reflect credit on the Department of Corrections and upon ourselves as criminal justice professionals. Communications such as those at issue in Ferguson, New York, Nashville, and San Francisco have no place in our organization.

Using DOC telephones or computers to conduct legitimate personal business should be kept to a minimum and used only as necessary and reasonable. Any questions about the need to use the official communication net for personal communications should be referred to a supervisor. Any personal messages transmitted by DOC email, even if they are not official records, are difficult to eradicate. Whether innocent, appropriate, or embarrassing, they may find their way into private hands, via Open Records request or subpoena. As a rule, we shouldn't communicate anything digitally or in writing that we would be embarrassed to see published on the front page of the newspaper.

What if we receive an email, posted to our DOC address that contains inappropriate material? The inappropriate messages that cost employees their jobs in Ferguson were almost certainly discovered by following an email trail to or from senders and receivers, some of whom may not have even been targeted for investigation. One of the greatest dangers in this scenario is a byproduct of natural deduction. If Correctional Officer B received an inappropriate email from Correctional Officer A one month ago, with no other communications to go by, it is possible to theorize that both officers may have agreed with the content of the email. An investigator might also speculate that both officers must have engaged in similar discussions in other forums that would lead one to trust the other with receipt of such a dangerous message. Protect yourself! It is not enough to refrain from sending inappropriate messages. If you

receive one, you should object on the record and hard as it is to do, you should make the situation known to a supervisor. It is the right thing to do and the only sure way to protect yourself from a hazard you didn't ask for.

Off duty, we probably all talk about work amongst ourselves. It is very unlikely that our communications, whether they take the form of personal email, text or instant message, will rise to the level of a public record or that they would become accessible to the public. But it can happen. Recall the New York correctional officer who is in hot water because of a Facebook post, the Nashville correctional officer who communicated with inmates via social media, or the San Francisco police officers under investigation for text messages. Anything inappropriate we might post in a digital format is nothing less than a career-ending bomb, waiting for someone to file a complaint and set it off. Even supposedly "discreet" text or instant messages may be accessed if they are sufficiently job-related to constitute a public record or if any receiver of the communication is subject to criminal investigation, as officers in Nashville and San Francisco learned the hard way. Even unrelated investigations or civil litigation may lead to disclosure of messages that were never intended to be public. Again, don't put it in writing unless you don't mind it being read.....by your boss or your mother.

Takeaways:

1. Be responsible in your use of email or phone based messaging. Don't create a written record unless you are prepared for it to be read.
2. While not all messages sent via DOC email will constitute public records, unless they are shielded by law, such as official attorney-client communications, they may be made public upon request.
3. Business-related emails and texts transmitted on private accounts may constitute public records if they meet the statutory criteria. Even if they are not subject to Open Records disclosure, they may be unexpectedly accessed during unrelated criminal investigations or by subpoena.
4. Merely receiving inappropriate communications places the receiver in danger, implying that the receiver shares the opinions expressed by the sender. Repudiate and report inappropriate communications.

Daryl Webster is the Assistant Superintendent at Lemon Creek Correctional Center and is a retired police officer of 28 years. He earned his J.D. from University of Tulsa in 1994.

Wellness Committee

Do It Anyway

People are often unreasonable,
Illogical and self-centered;
Forgive them anyway.

If you are kind,
People may accuse you of selfish ulterior motives;
Be kind anyway

If you are successful,
You will win some false friends and true enemies;
Succeed anyway

If you are honest and frank,
People may cheat you;
Be honest anyway.

The good you do today,
People will often forget tomorrow;
Do good anyway.

Give the world the best you have,
And it may never be enough;
Give the world the best you've got anyway.

You see, in the final analysis,
It is between you and God;
It was never between you and them anyway.

- Mother Teresa

Wellness Committee

Healthy Food Potluck Recipe – Paleo Fudge – by Lauren Looper

- ½ cup coconut oil
- ½ cup unsweetened cocoa powder
- ½ cup any nut butter
- ¼ to 1/3 cup honey (depends on how sweet you want it)
- 1 tsp vanilla extract

Melt Oil and mix everything together. Pour into whatever shape pleases you. Chill for several hours.

Option: Add sea salt, nuts, chili powder to taste.

Wellness Weight/Fat Loss Challenge

Mike Milligan is Lemon Creek's August wellness weight (fat) loss winner! Mike lost 20 points and 1.5 percent body fat!! Congratulations Mike!!!

Weigh-in Schedule Reminder:

September	Sunday, September 25 th - Saturday, October 1 st .
October	Sunday, October 23 rd - Monday, October 31 st .
November	Sunday, November 27 th - Saturday, December 3 rd ..
Final Weigh-in	Tuesday, December 13 th - Sunday, December 18 th .

The Final Prize will be given on Monday, December 19th.

Upcoming Events (Stay Tuned For Dates)

- "Trick or Treat So Others Can Eat" Food Drive
- Fall Turkey Shoot
- Christmas With Santa Event
- Recipe Book Naming Contest
- Recipe Book Sales