

LEMON CREEK JOURNAL

TRAINING, NEWS & EVENTS FROM LEMON CREEK CORRECTIONAL CENTER

JUNEAU, ALASKA



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To our readers:

The Lemon Creek Journal is a quarterly publication of Lemon Creek Correctional Center, Juneau, Alaska. The Journal's mission is to provide cutting edge training to Lemon Creek personnel, to contribute to a healthy workplace community, and to open our institution to public view. So that we can be more responsive to our readers, please share with us your impressions and suggestions by emailing daryl.webster@alaska.gov.

Photography by Bonnie Webster

Employee of the Year Photography by Jennifer Mannix



A MESSAGE FROM THE SUPERINTENDENT

Many years ago my wife and I planned a vacation to Southern California to visit some of the popular theme parks located in that area. We arrived only to find that the other half of the planet had also planned to be in the area at the same time. Every theme park we visited was packed with vacationers from all over the world. About a week into our trip I started to become frustrated, rubbing shoulders with the large crowds of people all travelling different directions. If you allowed someone going a different direction to step between you and your family members you became cut off and would often lose sight of them, seeing nothing but heads and shoulders swaying back and forth in a sea of mass chaos. Our children, in their excitement, kept us hopping. It was hard to keep up with them and I remember thinking, *There isn't enough dad to go around*. It seemed I was spending more time stressfully trying to keep track of our four children and not focusing on the fact that I was in the happiest place on Earth! While walking past a carousel I glanced down at my right side for our youngest son, who was four years old at the time, and found that he was not there but had been the last time I looked. In panic I turned around in a circle only to find that he was nowhere to be seen. Then in sheer terror I yelled out to my wife who was walking ahead of me with our other three children, "Where is Brysen!?" My wife turned, looked at me in a puzzled state, and then smiling said, "You're holding him!" Oh, how I wanted to go back to the hotel, but she gave me that famous speech, you know the one, "Listen, we came all the way from Alaska and we will be riding every ride here today!"

Keeping track of our four children during our vacation was an exhausting fulltime responsibility. There was so much going on around me that, in my frustration, I had no recollection of picking him up.

I share this story to make a point. We all have days, here at the facility, where there seem to be too many small fires to put out and not enough buckets of water to go around. Feeling buried or overwhelmed only compounds the frustration of falling behind in projects or tasks that need to be completed.

Here are some ideas to help manage our often heavy workloads here at the facility.

- 1.) Write down or keep a spread sheet of the projects or tasks assigned to you.

Organization is key if we are to be successful in completing our work assignments on time. Spreadsheets are a great way to keep track of our work load. I have found it helpful for me to categorize projects and tasks into monthly, weekly, daily, and even hourly groupings.

- 2) Evaluate tasks to determine important versus urgent.

Urgent projects or tasks needing immediate attention obviously should be addressed first. Identifying what is important as opposed to what is urgent is necessary to avoid the consequences of missing time sensitive deadlines.

- 3) Approach each task and evaluate the weight it carries.

Recognizing the need of each project or task will help to prioritize appropriately. We follow a very regimented daily schedule in our line of work. Much of what we do is already prioritized for us. Other meatier projects or assignments must be put on hold in order to check off the daily required responsibilities that come from working in a prison.

- 4) Delegate when needed.

Too often self-doers feel they can eat the whole elephant on their own. The project was assigned to them and by golly they are going to get it done all by themselves. This can be a recipe for disaster and burnout. There are so many resourceful staff here that are more than willing to assist when asked.

I know what I shared is not new or earth shattering, but sometimes reminders are helpful to assist us with fulfilling our duties.

During my tenure as superintendent I have found that reprioritizing my days is sometimes necessary as I juggle time sensitive reports, review facility projects, attend required staff meetings, review fiscal management issues, meet with inmates, correspond with attorneys, and answer emails. I sometimes feel there is not enough “Superintendent Cordle” to go around.

I am grateful for so many who often offer to help me with my workload. There have been times that staff have taken it upon themselves to look into outside requests or have researched and completed a small project for me to help alleviate my workload, without me asking them to do so.

At the conclusion of presenting the awards, at the banquet, I looked around the room and saw sitting before me the faces of public safety. I thought about those who were on duty, who couldn't join us. An overwhelming sense of gratitude for all of you overcame me and I began to single out individuals, recognizing them for the small, but significant contributions they offer to our team. If time would have permitted I could have carried on all night about all of you.

You are the face of public safety!

EMPLOYEE OF THE YEAR

Education Coordinator Kris Weixelman

2017





We are pleased to announce that Lemon Creek Correctional Center's employee of the year for 2017 is Education Coordinator Kris Weixelman!

Kris began her career with DOC in 2008, and has routinely gone above and beyond the scope of her responsibilities to help encourage inmates to strive to meet their academic goals. Whether it's running the Greenhouse, assisting in JCAP classes, helping with Multi-Culture Club, assisting inmates with Medicaid applications, her dedication to assisting people improve their own lives is a constant. Kris's charismatic nature and natural rapport with inmates creates an environment that allows them to open up to her and share with her their concerns. This ability to connect helps her to help them reach their goals. She has been a strong advocate for them.

Kris's dedication to the wellbeing of inmates is sincerely inspiring. Congratulations Kris! We are truly lucky to have you as a member of our team.



Maintenance Supervisor Mike Milligan

Employee of the Quarter

Maintenance Supervisor, Mike Milligan

From Mike's award citation:

You were selected to be the Employee of the Quarter from a wide variety of your peers here at Lemon Creek Correctional Center. Your leadership in the Maintenance Department, ethics, and can-do attitude has been of tremendous worth to your subordinates and to the facility's upkeep.

Our working environment often requires you to reprioritize your work schedule on a daily basis, due to the constant repairs needed on boilers, gates, locking mechanisms, electrical, plumbing, vehicles and much more. All of this you do without complaint.

It is easy to take for granted all that you do, because of your efforts, skills and ability to delegate assignments out to your staff, to keep our 51 year old building in good working order. Thank you for your services to the department and specifically to the staff and inmates here at Lemon Creek. We are proud to labor with you and beside you.

Sincerely,

Bob Cordle, Superintendent II

Reflections on the 2017 Lemon Creek Holiday Awards Banquet

By Daryl Webster

When I was very young, growing up in a law enforcement family, my father's police department held a much-anticipated summer cook-out every year. Fifty years later, I still remember those events, barbeque by the river under a golden California sun, cool in the shade of giant eucalyptus trees, peacocks calling from their roosts in the upper branches. There lingers in my senses the faintest whiff of pine mint and dust and wood smoke, the hum of adult conversation, the shrieks and laughter of children, all mingling as early evening gave way to dusk.

It was like a gathering of the Clans, officers separated by shiftwork, seeing each other out of uniform for the first time in who knows how long. I couldn't understand much of what they talked about (and I was shooed away whenever the stories became too juicy or the language too salty) but even as a child, I sensed how much they needed to relax the ranks and rules and perpetual vigilance, even for just a few hours. And us kids? We formed a half-wild tribe, safe as safe could be, surrounded by our heroes, free to run loose for a time in the warmth of their indulgence. It was magical and the enchantment still lingers.

As planning progressed for the first annual Lemon Creek Holiday & Awards Banquet, we dared to hope that we could capture that

kind of magic for a generation of Lemon Creek employees and their families. A small but very determined group of volunteers brain-stormed, fund-raised, donated their own time and money, and ultimately did what at times seemed impossible. On December 9th at the Juneau Moose Lodge, 130 DOC employees and their families came together, dined like kings, barely took notice as kids wandered among, under and over the tables, honored deserving staff, and went to war over silent auction desserts and other goodies.

Highlights? How about Jeremy Finlayson, Mike Schramm and Gary Locke receiving Lemon Creek's first Lifesaving Award Medals? Or the children who meandered around the room, including a posse of toddlers (one of them was mine) who insisted on sharing the stage with all the award winners. They were so cute, it was hard to chase them off. A long line of excited kids stood in line to visit Santa, the overdressed elf sweating in his heavy suit in an 80 degree side room, guzzling one glass of ice water after another.

Sergeant Tony Malacas serenaded the cleaning crew with his karaoke routine, singing a spot-on rendition of Frank Sinatra's "My Way." And there was our guest speaker, State Representative Justin

Parish, who stayed until the last dog died, helping clean tables and pack up the room.

Those of you who attended deserve to know a little of the back story of this very successful event. To begin with, no one was required to help in the planning or preparations. Everyone who pulled this banquet off did so because they were motivated by a common understanding that was never put into words... that the folks who work at Lemon Creek, officers and staff alike, are a remarkable collection of people. God knows how it all happened, but the whole group of you somehow followed your individual paths here, to this time in this small Alaska town, and since the coincidence may not last forever, it must be celebrated. Because we are a professional family, with many of us raising families of our own, it just seemed right to bring the whole shebang together and see what might happen.

This was the first banquet for Lemon Creek in most people's memories and like the first of anything, it was risky. We had no idea how many people would come, no clue how much people could afford to pay for a formal meal, and we had little or no money to operate on. We had to commit to a venue, a menu, a guest speaker, and up-front expenses. Just settling on the meeting hall was an adventure. We researched a number of venues, found some too small, some too large, others too costly, all the while fearing that whichever venue we settled on might as well be an expensive echo chamber if no one showed up or a sardine can if everyone wanted to attend. In the end, we made our best and ultimately (under)estimate of how

many tickets we would sell and reserved the Moose Lodge, hoping we could find 100 people to pack into it. We wound up snugly seating 130. How wonderful it sometimes is to be wrong!

In the run-up to the event, Sergeant Shriver engineered a series of Chili Challenges and Taco Tuesdays to raise operating funds. Local businesses, individuals, and staff members donated items for auction. Nearly all of the many gift cards that were eventually given as door prizes were purchased by supervisors, at their own expense. And when it came right down to it, you all made it work by buying tickets and packing the Moose Lodge with your families and your good cheer. Thank you all, so much.



Juneau Moose Lodge Banquet Hall



Sgt. Jeremy Finlayson, Officer Mike Schramm, Officer Gary Locke



Officer Aiona Fisi, Officer Gary Locke, Officer Mike Behrends, Officer Jeremy Green



Sgt. Ron Shriver, Sgt. Ed Irizarry, Sgt. Jerrod Andrews



Award Winners: Officers Jeremy Green, Mike Schramm, Via Kivalu, Mike Behrends, Elmar Gamulo, Christian Bernaldo, Sgt. Jeremy Finlayson, Sgt. Ron Shriver



The Santa Line



Sgt. Tony Malacas, Karaoke Master



Guest Speaker, Representative Justin Parish

LCCC Training Bulletin

Lemon Creek Correctional Center

1/1/2018

NARCAN (Naloxone)

For those who may not know or otherwise miss the Thursday morning shift training at 0530, LCCC now has Narcan® kits in booking. Narcan® can be used to reverse the effects of an opioid overdose. Narcan® has no potential for abuse and will have no effect if accidentally administered or self-administered (in the case of a child).

What are examples of opioids?

- hydrocodone (e.g., Vicodin): most commonly prescribed for a variety of painful conditions, including dental and injury-related pain
- oxycodone (e.g., OxyContin, Percocet): prescribed for relief of moderate to severe pain
- morphine (e.g., Kadian, Avinza): often used before and after surgical procedures to alleviate severe pain
- fentanyl: a power opioid that is used to treat severe pain
- heroin: a powerful opioid that is currently illegal in the U.S.
- codeine and related drugs (e.g. diphenoxylate (Lomotil)): often prescribed for mild pain, can be used to relieve coughs and severe diarrhea

How do opioids work?

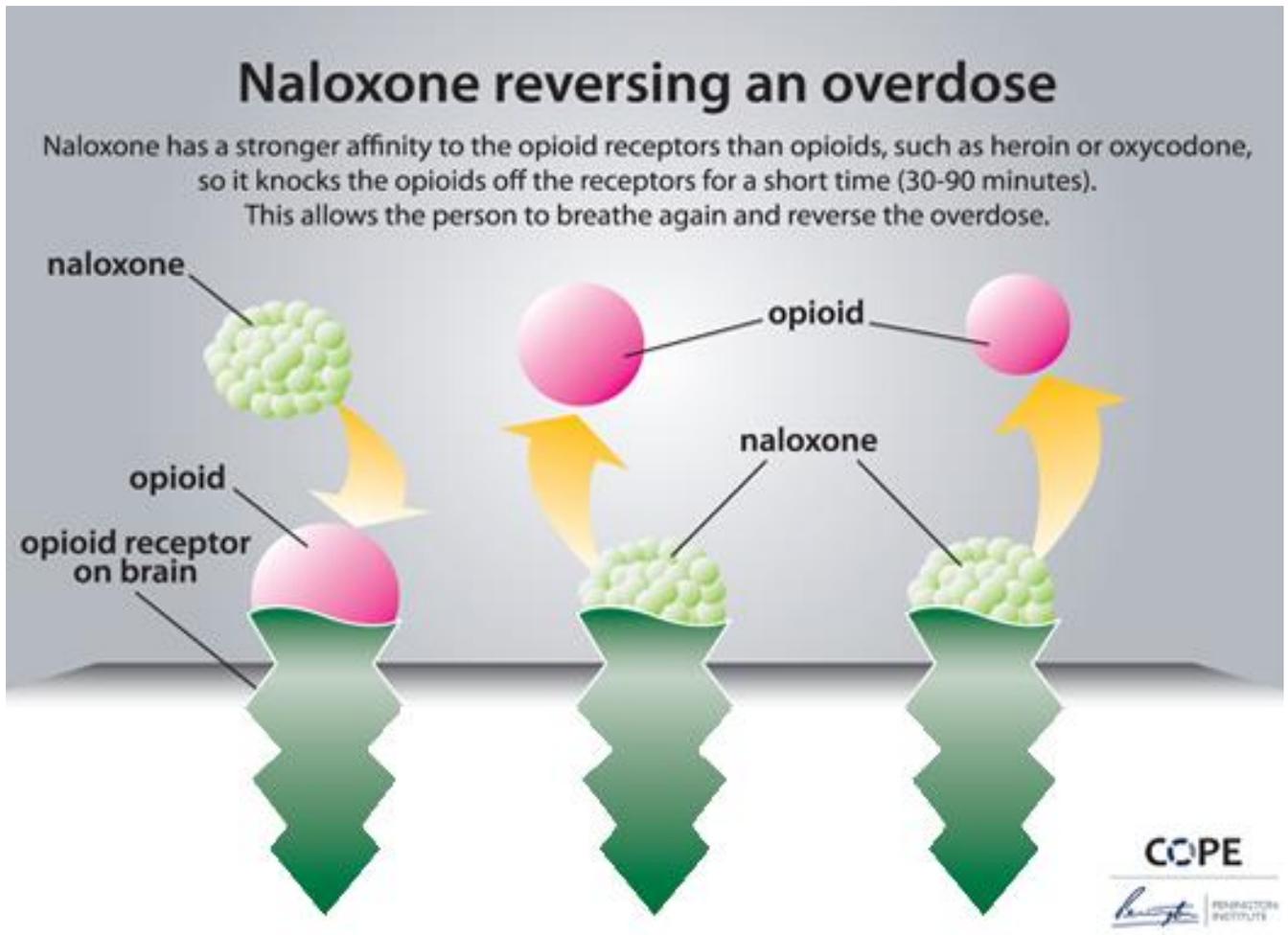
Opioids attach to specific proteins called opioid receptors, which are found in the brain, spinal cord, gastrointestinal tract, and other organs in the body. When these drugs attach to their receptors, they reduce the perception of pain. Opioids can also produce drowsiness, mental confusion, nausea, constipation, and, depending upon the amount of drug taken, can depress respiration.

What does Narcan do?

What it looks like



Narcan temporarily blocks or reverses the effects of opioids. In most cases the effect is immediate (within 30 to 40 seconds), blocking the effects of the overdose and allowing the person to breathe again. This gives time to seek emergency medical assistance. Narcan has no potential for abuse and will have no effect if accidentally administered or self-administered.



Signs of an opioid overdose:

Opioid overdose is life-threatening and requires immediate emergency attention. Call 911 immediately if a person exhibits any of these symptoms:

- Their face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They cannot be awakened or are unable to speak
- Their breathing or heartbeat slows or stops

How should you respond to an overdose in the facility?

1. Initiate Incident Command (ICS) and let everyone know there is a medical emergency and where it is at (call for medical, 911, AED & Narcan).

2. Scan the area and look for signs of drug paraphernalia, consider the possibility of a drug overdose.
3. If the scene is safe and the situation warrants it start CPR as soon as possible.
4. Once the AED and Narcan are on scene, make a determination as to whether or not you believe it is a possible overdose. (Remember there are no adverse effects of administering Narcan).
5. Administer Narcan attach AED and continue lifesaving steps as necessary. (Remember the only side effect of administering Narcan is **life!**)

About the Author

SSgt. Shriver R.

Security / Training Sgt. At Lemon Creek Correction Center

This information was obtained from the Division of Public Health

<http://dhss.alaska.gov/dph/Director/Pages/heroin-opioids/default.aspx>

Some Parting Words On Service

By Sgt. Ron Shriver

A saying that I have heard or read at some point in my life goes: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.”

It has at times been challenging to find a topic to discuss for these quarterly periodicals; they often leave me scrambling at the last minute trying to meet the deadline. I often ask others for advice on what I should discuss and I normally take the collective ideas and a pulse of the institution and formulate a topic. This quarter has for whatever reason steered me towards service, perhaps due to my involvement with the Juneau Reentry Coalition. As I reflect on my own service to this community, I can't help but reflect back on an officer who used to walk these same halls that you do today. The reflection makes me marvel at just how much I have changed and the department has changed in my short tenure here. For those of you who have been here long enough to remember Officer Tim Philips or “Tiny Tim”, I know you have not forgotten the man who was willing to give his last dollar to help another person or who was willing to spend all of his free time to helping those in need. The more I learned about Officer Philips the more I thought he might actually be crazy. The man was spending every extra dollar he had to feed the homeless on his off time. He was so devoted to service that he decided to sell his home and buy a camper so that he could live in it and devote more of his money to serving his community. At the time I didn't fully understand what he was doing, I knew it was admirable but at the same time many of us thought he had gone off the deep end. Officer Philips is no longer with the Department and has since moved out of the State, but he has not lost his commitment to service and I have not forgotten his actions. When we are here at work we should be committed to service, after all our State expects us to be providing a service. We are focused on helping people change their behavior through mentoring, positive role modeling, continuing education and spiritual counseling. As a department we are more committed than ever to offering services to those who are in our care.

You are all leaders and mentors in your own right and many of you are already committed to one service or another. I just want to challenge all of you who may or may not be involved in a community service to find one and get involved. Our community is going through a challenging time and could use leaders such as you to help it heal and grow into a place where we all want to live. I challenge all of you to volunteer because I know many of you have a vested interest in this community like I do. It would be easy for you to stand back and be critical of the environment we live in, but as I'm sure you know, it is a far greater challenge to step out of our comfort zone and be a part of the solution. I'm not suggesting you sell your home and give your life savings to the needy, I am simply suggesting that if you find the time for service outside of work you may find a lifetime of happiness.



Gear Head

By Sergeant Jerrod Andrews

G-U-N. It is a three letter word that has been a very hot topic of conversation over the past decade. At the end of the day, it is nothing more than an inanimate mechanical object that shoots a small metallic projectile out of a tube. Albeit, at a very high rate of speed. That single word though can mean very different things to many different people. Some people relate the word to being offensive, or even dangerous. Other people think of it as a hobby, a lifestyle, a community, a tool to protect life, and even liberty.

It may come as a surprise to most of you, but there was a time in my life when I had very little interest in guns. I was not raised in a household that had firearms. We lived on a couple of acres just outside of the “Burb’s” of Columbus. Although it was more or less the country, it was not like the country down on the Ohio River where the rest of my family lived. I wasn’t raised as an avid outdoorsman to live off the land or hunt for my dinner. Shooting came up originally as a type of sport for me. Think boredom, corn fields, and clay pigeons. Eventually I progressed into being an occasional hunter. My first love was and always will be cars. I loved the idea of taking a vehicle that everyone else had and modifying it to make it unique so it would be custom tailored to me. It can be the small details that make a world of difference in standing out

from the rest of the crowd. Guns are the exact same way. They can be customized to be lighter, heavier, shoot faster, slower, or you can completely customize a gun to go from long range shooting in the mountains, to a close quarter battle scenario inside of a blacked out building. The variations are literally endless! My love of tinkering and customizing lead me to an immediate attraction to the AR-15 platform. Thus, begins our new 2 part adventure on this topic. This article will address the basic fundamentals to get you up to speed on your AR game and things I look for in my rifles. Part 2 will delve in a bit deeper on ways to customize and enhance your rifle so that it is tailored to you.

A few years back I was asked to create what you all know now as the LCCC Tower Rifle Course. I was met with some gleaming eyes and wide smiles for those looking at it as a new training opportunity with a fantastic weapon system. I was also met with frowns and disdain that the beloved Remington 700's would be temporarily going away for something that appeared overly complicated and difficult to use. But, if I could teach officers a valuable new skill, could I change their mindset on the weapon system? It was a new challenge that I gratefully accepted!

My career with the AR-15 came in 2012 when I went to the DOC Rifle Instructor Course. At that point I had not owned one yet and had very limited experience with its operation. We didn't have the platform at this facility yet, so in true Gear Head fashion I went out and bought one the month prior to leaving! I bought 1,000 rounds of 5.56 ammunition and binge watched YouTube videos of Chris Costa, Travis Haley, and other firearms all stars. I trained hard for days on end to get up to speed. I remember at the RI Course Jake Wyckoff asked me what branch of the service I had come from. When I stated I had never served he looked at me funny and asked me where I had learned to run the gun that well. I smiled, and said "YouTube." He looked at me like I was crazy, turned around and left. I realized then, if I could learn to run the gun, then anyone could! After we began running the course here at LCCC I watched you fine folks get a one day crash course and excel brilliantly with manipulations and accuracy. Needless to say AR sales in Juneau saw a nice increase as a lot of you went and got your own rifles. But, I have gotten a lot of questions on my rifles and how I have them set up.

So the question is where does one begin when getting into the AR-15 game? What do you look for in a gun? What is the best set up? How much money should you spend and why? The set up possibilities are as endless as your budget permits. So let's get started with the basics. Without delving into all of the calibers, we will just focus on the 5.56. The ammo is readily available and that is always important. The 5.56 was a military based round, and as the system was being developed into a civilian sporting rifle the folks often shot .223 out of it. The 5.56 based system allows you to shoot the slightly lower pressure .223 round without any issue. However, if you shoot a 5.56 round from a gun designed to shoot only .223 you can run the risk of blowing up the gun. Some manufacturers are making a system called the .223 Wylde. This is a hybrid gun that is designed with the utmost accuracy in mind if you find yourself shooting both cartridges frequently and want it to be as accurate as possible. Keep in mind though that there is no such thing as "Wylde" ammo. Wylde is the guy who invented the chambering. It essentially means different tolerances than your standard gun would have. Again, it is designed to shoot 5.56 or .223. It just has the ability to do it better.



Step 1. Look for a gun with the barrel stamped 5.56 or .223 Wylde. Try to avoid .223. I generally look for a 16" pencil barrel with a 1 -7 twist rate which is ideal for 55-62 grain bullets. For a heavier bullet you would want to consider a twist rate of 1-8 or 1-9. If I need to pack a gun around, I want it to be as light as possible. The pencil barrel helps keep the weight down unless you decide to spend a lot of extra money for a carbon fiber barrel. A 16" barrel offers great accuracy for much further than I would typically want to shoot.



Now, think of the AR as having 2 parts. In the rifle class we tore down the rifle showing the upper receiver being quickly separated from the lower receiver with the press of 2 pins. The 2 pieces can be separated in a matter of seconds.



Step 2. The lower receiver which is the serialized portion of the gun you will want to see stamped as “multi caliber.” This will give you the flexibility later if you decide to shoot other rounds like the 458 SOCOM, or the 300 black out for examples. You can simply just buy or build a new upper receiver that is designed for that caliber and swap it onto your existing multi caliber lower. It’s a great way to have multiple set ups without the bulk cost of having to buy complete guns each time. This is convenient if you have custom triggers, grips, and stocks. We will discuss some of those items in the next issue.

A big question that I often get asked is, “Should I buy a complete gun, or build one?” With prices ranging on complete guns from \$450 at Sportsmans Warehouse, up to \$5k and even more with custom builders, it really comes down to budget and what you want the gun to do. Buying a complete gun is the fastest and easiest way to get up and running quickly. You can always swap out parts as time and money permit. This also gives you the opportunity to see what you like and don’t like if this is your first time owning one. That was how I originally got started. My first DPMS rifle cost me \$1k without an optic. Prices were a lot higher then. As the demand for these rifles increased, so did production and manufacturing which drove the price down.

You can buy guns in pieces which I’ve done. You can buy a complete lower with more specific parts like special grips, safety’s, collapsible stocks, colors, and even triggers. Upper receivers you can have choices of barrels, handguards or rails, gas systems whether piston or gas impingement, standard black bolt carrier groups (bcg) or more high speed ones that are coated with nickel boron (NiB silver in color), or titanium nitride (TiN gold in color). With a basic set up and special sales often offered through companies such as Palmetto State Armory, I have seen guns that you could put together for as little as \$350 plus shipping. A number of us here have used their products and I can’t speak highly enough about the quality that you receive for the price. With specific options and parts that I like, I’ve been spending just over \$600. Again, minus optics. This includes stainless barrels, NiB bcgs, enhanced triggers, and other more unique parts.



Lastly you can custom build a rifle with the exact parts that you want. This is certainly the most expensive route. But it will be a one off custom that you will have complete control over. With a build that I just completed with similar parts as mentioned above with my PSA guns, I used parts from Aero Precision in the color flat dark earth and am probably closer to \$850. I certainly spent more money to have the color, and better quality parts. But in no way is this a top tier rifle. However, I'm not entirely sure that I would go this route again unless I was building a gun for something very specific like long distance shooting or a competition gun.

If you have little to no experience with the AR and you are not entirely sure what you are looking for, purchasing a complete gun is probably the best route to go. A simple trip to Sportsmans, Juneau Mercantile (ask for Naresh), or even Fred Meyer will most likely suffice. If you want something more unique from companies like Black Rain Ordinance, you will want to get ahold of Ed at CBA Enterprises. He has always offered fair prices and will often take guns in on trade. Manufacturers are very much holding true to the mil-spec code, and most rifles will be very similar in quality. Although you will notice a very broad spectrum in pricing, this is most often due to the intricacy of the engraving on the receivers, or more unique handguard designs like quad rails, keymod, or mlok styles.

Stay safe!

Jerrod

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.