

Behind the Fence



March 2020

EMPLOYEE OF THE MONTH



Congratulations to Kelly Argenbright, OSA for Employee of the month for March, 2020.

Kelly's ability to manage tasks from her three different supervisors is amazing. Even though Kelly has three supervisors, she is able keep up with the assignments received and still has time to assist others and does so on a regular basis. Kelly always has a smile on her face along with a positive attitude. Kelly's work ethic is awesome, and her positive attitude every day is greatly appreciated.



MARCH FUN FACTS AND TIDBITS

Ah, March, in like a lion, out like a lamb, or so the saying goes. That's not the only saying attributed to the moody month. For the Northern Hemisphere, March ushers in spring. That was even true back in the days of the Julian calendar when there were only 10 months and March started off the year. Sayings such as, "A bushel of March dust is worth a King's ransom," and "March many weathers," remind us of the swiftly changing and windy weather March brings.

The first three days in March were once considered bad luck. They called them the blind days. No one would plant, enter into an agreement or a journey during these days. March is also known for its borrowing days. Though the story has changed through the ages, the month is no stranger to tumultuous weather. Hundreds of years ago the borrowing days were known to be any wild weather day in March. In later years, the days came to be assigned to the last three days in March.

Historically, planting and war go hand in hand in March. Named for the Roman god of War, Mars, March became a time when armies began to march again and farmers tilled their soil. While farming and the military have both dramatically changed since Roman times, March and spring still holds a power over both of them.

March is the month of spring and with it come a lot of activity in nature. Birds migrate. Animals begin to mate. (They give us the phrase, "Mad as a March hare," too.) Plants begin to grow. Even the full moon gets involved. The full moon in March is called the Worm Moon. It earns this name because of all the insects beginning to hatch.

Birth Flowers – Daffodil and Jonquil

Birth Stone – Aquamarine

Zodiac Signs – Pisces and Aries



St Patrick's Day

<https://www.history.com/topics/st-patricks-day/history-of-st-patricks-day-parades-around-the-world>

St. Patrick's Day, named for Ireland's patron saint, is celebrated around the world on March 17 with parades and other festivities. The earliest recorded parade was held in 1601 in what is now St. Augustine, Florida. The parade, and a St. Patrick's Day celebration a year earlier, were organized by the Spanish Colony's Irish vicar Ricardo Artur.

In the 1760's in New York City, Irishmen serving in the British military organized their own St. Patrick's Day parade. During the 1800's, when Irish Catholic immigrants faced discrimination in Protestant-majority America, St. Paddy's Day parades became an opportunity to show strength in numbers. Today, cities across the U.S. have longstanding traditions of St. Patrick's Day parades, and the holiday is commemorated by people of many ethnic backgrounds. However, in Ireland, where St. Patrick's Day has been a religious feast day since the 17th century and a public holiday since 1903, it wasn't until the late 20th century that the government started sponsoring a large-scale, international festival and parade in Dublin, the capital city.

New York City and the First St. Patrick's Day Parade

One of the earliest St. Patrick's Day celebrations in America took place in Boston in 1737, when a group of Irish Protestants gathered to honor their homeland's saint, a 5th century Christian missionary who died on March 17, 461, according to some claims. In the 1760's, when America still consisted of 13 British colonies, a group of Irishmen serving in the British army in New York City started the tradition of parading on St. Patrick's Day. In the 1800's, Irish fraternal and charitable societies in New York sponsored their own parades in various parts of the city before merging these individual events into a larger parade.

As Irish Catholic immigrants came to the U.S. in increasing numbers in the 19th century (from 1820 to 1860, more than a third of all immigrants who arrived on American shores were Irish), they encountered prejudice and discrimination. In the 1840's and 1850's, the Know-Nothing movement promoted a nativist, anti-Catholic agenda. (When those involved in the movement were questioned about their activities, they were supposed to say, "I know nothing," which is where the name came from.) Against this backdrop, St. Patrick's Day parades in New York and other U.S. cities became a chance for the Irish to show strength in numbers as well as pride for their cultural heritage.

Today, the parade which travels 1.5 miles up Fifth Avenue in Manhattan, is billed as the world's oldest and largest St. Patrick's Day parade. Among the approximately 150,000 marchers are politicians, school children, bands, bagpipers, police, firefighters and other municipal workers. In accordance with tradition, a green line is painted along Fifth Avenue to mark the parade route, and floats and cars are banned from the procession. Since the 1850s, the parade has been led by the 69th Infantry Regiment. Formed as a militia unit composed of Irish Catholic immigrants, the 69th Infantry started heading up the procession in order to protect marchers from potential violence by those who disliked the Irish.

The biggest St. Patrick's Day parade in New York took place in 2002, with an estimated 300,000 marchers and 3 million spectators. The entire parade paused for a moment of silence to honor the victims of the 9/11 terrorist attacks, which had devastated the nation six months earlier.

In 2016, the parade was shown on live TV for the first time in Ireland and Great Britain.

TCC FAMILY:

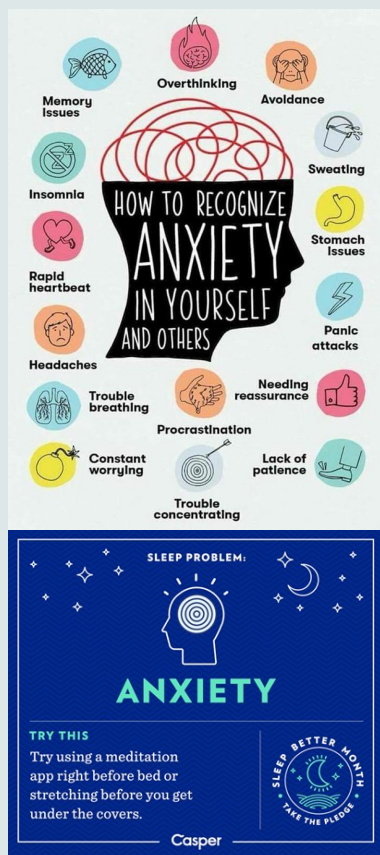
We just wanted to take a second to shed light on the current situation and media. As we are all well aware of the current news related to the coronavirus, we wanted to talk about self-care.

The Department has sent out a lot of information in regards to the response we will have and the day-to-day tasks of good 'physical' self-care; however, we want to take a second and address the mental aspects of self-care. There are many different kinds of anxieties or worries that come along with a situation like this. These anxieties are something totally normal. Perhaps you're feeling agitated, restless, distracted, or even downright scared. What we want you to know is that we are right there with you. Anxiety, in our line of work, can be a daily issue. When these are coupled with fears from the current news cycle; it's not a far stretch to start feeling completely overwhelmed.

We wanted to ensure everyone knows that we are all here for each other and emphasize the importance of self-care in the coming weeks and months. Whether self-care looks like a walk in nature, coming to talk to someone, or cooking a meal, we want to encourage you to do something for yourself and your well-being as often as you can. If you need to talk, we are always here. If you just need direction, we can assist in this as well.

So again, in the coming days, weeks, months, just remember to be kind to yourself, look out for your neighbor, and realize this, too, shall pass. We're all in this together.

~TCC Administration



Self-Care: Anxiety Edition

Anxiety, in itself, is not a bad thing. It is a normal feeling that all people get, in fact, anxiety can be life-saving in emergency situations. If you work in a high stress job, like corrections, you may have had to deal with it on a number of occasions all ranging in severity.

What's not normal with anxiety is when it lasts for a while, when it interferes with life functions, creates avoidance behaviors, or incessant worry, concentration and memory problems. When anxiety becomes a problem for you, it can be a problem for everyone else.

There is good news when dealing with anxiety. It can be managed without the need of medication. There things you can do every day related to big and small lifestyle changes that can have a huge impact on anxiety reduction.



8 Things You Can Do to Reduce Anxiety

1. Daily Exercise: Exercise is not only good for your body, but it is also good for your emotional health.
2. Get some sleep: If you find yourself having a hard time falling asleep, you may need to get off that screen at least 30 minutes before you go to bed.
3. Avoid Caffeine: So many of us use it, especially when we don't get enough sleep, but it's known as an anxiety inducer so limiting intake can make you feel better in the long run.
4. Eat Well: Eat as healthy as you can. Get some fruits and veggies in your diet because a balanced diet helps maintain an even blood sugar level which contributes to feeling more calm.
5. Take a Time-Out: Take a moment to step away. Whether it be to turn off the news, to take some deep breathes, to get some alone time or to step outside and get some fresh air.
6. Positive Self-Talk: This is easier said than done, but try to just take mindful steps to replace negative thoughts with positive ones.
7. Talk to Someone: It doesn't even have to be face to face. Just reaching out and connecting with someone is a proven method of reducing anxiety.
8. Focus on the right now: When people get anxious, they are usually thinking about what might happen instead of what is currently happening in the moment. Having control of the second at hand can help reduce anxiety.

Be patient!

It takes time for changes to happen, but if you are in need of help, these resources are available 24/7.

SELF Program 411...all day, every day!

Call: 800.808.2261
 TDD: 800.697.0353
 Online: guidanceresources.com
 Organization Web ID: MCHCP

MCHCP
 my health. my choice. my power.

Confidential support, information and resources for all of life's challenges.

 Counseling
 Life & Family Support
 Legal
 Money Matters
 Online Resources

News Related Resources

<https://www.theguardian.com/society/2020/mar/16/coronavirus-health-anxiety>

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

2020 25th Annual



POLAR BEAR PLUNGE

The Annual Polar Bear Plunge was held on Saturday, February 29th. With the temperature being in the upper 60's, it was a perfect day for plungers and spectators. This year, staff from TCC won second place in the costume competition as rock, paper, scissors (see photo) AKA Emily Anderson, Chad Thompson and Josh Harkins. Other plungers participating were Joe Brown, Tom Salzman, Tyler Tubbs, Kacee Salzman, Brock Van Loo, and Cybelle Webber. Team Davis Dawgs raised \$9,712 this year, making them the second highest team in Missouri.



A DEDICATED PLUNGER

Since 2012, TCC's Tom Salzman (pictured below) has been an active Polar Bear Plunger. Each year he shaves his head if he raises \$600. This year he raised \$857. Tom states that he has been invited to become a super plunger next year as they currently have two openings. This means that he will have to raise \$2,500 in order to plunge. What has got him into doing the plunge each year? Tom states that he went to watch with a friend one year, and they got him to do it on a dare. The teams name that he was on was First Attack from Whiteman Air Force Base. And of course, he also plunges because it is a good cause.



Our Top Teams	
Washed Up	\$19,510
Davis Dawgs	\$9,712
Jolly Rogers	\$6,257
River Region Credit Union	\$5,855
The Ice Aged	\$3,232
JCCC	\$3,141
St Louis County Police	\$2,625
Pee Wee Plungers	\$2,531
Absolute Zeros	\$2,181
Toys for Tots	\$1,820



Tom Salzman, getting his head shaved.



American Red Cross

Together, we can save a life



Please Give Blood

We face an extraordinary situation, and patients need your help immediately. **Healthy individuals are needed to donate now to help patients counting on lifesaving blood.**

As of Tuesday, March 17, nearly 4,000 Red Cross blood drives were canceled across the country as high schools, colleges, businesses and other organizations temporarily close and more people are told to work remotely. This has already resulted in more than 100,000 fewer blood donations, and that number continues to grow.

Without enough blood on the shelves, hospitals may have to delay essential and lifesaving surgeries for patients of all ages. **As a nation, we must come together to take care of one another, especially those most vulnerable among us.**

Upcoming opportunities to give blood near you:

Friday, April 10, 2020

Hunter Civic Center
210 W. Jasper St., Versailles

Monday, May 4, 2020

St Michaels Catholic Church
5214 N Halter St. Russellville

Wednesday, April 15, 2020

Knights of Columbus
South Osage, Tipton

Tuesday, May 12, 2020

Springhill Mennonite Church
35937 State Hwy E, Latham

Thursday, April 16, 2020

Stover Community Center
600 Legion Drive, Stover

Wednesday, June 10, 2020

St Paul Lutheran Church
207 N Owen, California

Tuesday, April 28, 2020

Ozark Christian School
16326 HWY C, Versailles

Wednesday, June 17, 2020

Knights of Columbus
South Osage, Tipton

Promotions



Congratulations to Cook II Kaliah Williams in her promotion to the position of Cook III here at TCC. Ms. Williams brings with her six years and five months of experience with the Department in the field of Food Service. She also has past food service and supervisory experience prior to her employment at TCC.



Congratulations CO I Ellen "Missy" Savage to Corrections Officer II at TCC. Sergeant Savage started her DOC career at ACC as a CO I in October 1996. She transferred to TCC in December 1998. In August 2014, she went to work at BCC and Central Transfer Unit (CTU) until her return to TCC in July 2019. CO II Savage has over twenty-three years of service with DOC with a wide-range of experience along with her ability to exercise professionalism and patience in any given scenario, making her an asset to TCC and the Department. She obtained an Associate's Degree in General Studies from Columbia College. Ms. Savage is a Field Training Officer (FTO), Crisis Intervention Team (CIT) member, and is slated to become an Emergency Care and Safety Institute (ECSI) – CPR/First Aid Instructor for TCC.

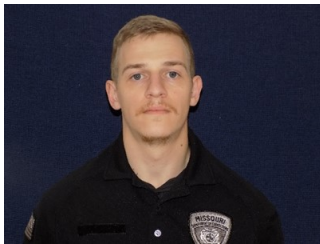


Congratulations CO I D'Ann Cagle to Corrections Officer II at TCC. Sergeant Cagle started her DOC career at TCC as a CO I in November 2019 and has over four years experience with the Texas Department of Criminal Justice in Huntsville, TX. CO II Cagle is an active member in the Air Force Reserve Command and is currently enrolled at Sam Houston State University. She is working towards becoming a CERT Team Member at TCC.

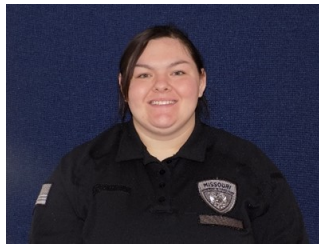
CONGRATULATIONS



TCC Custody Staff



COI Erik Blackwell



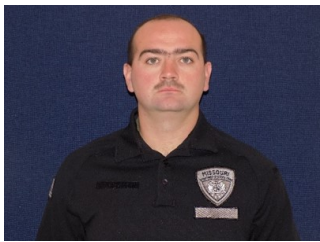
COI Bridget Clark



COI Ryan Needy



COI Timmothy Rhoton



COI Zachariah Underwood



COI Gordon French



COI Juliet Barman



Nurse Ruanne Stamps

WELCOME TO THE TEAM

INTRODUCING MS. SUMMER MURRY

Ms. Murry began her new career here at TCC on November 15, 2019. She was previously an Academic Teacher III at ACC where she taught Adult Education and Literacy for eight years. She has a Bachelor's of Science degree in Elementary Education from Lincoln University, and a Master's of Administration degree from William Woods University. She taught elementary education for ten years prior to working in corrections.

A LITTLE BIT ABOUT THE PROGRAM

Ashland University offers the longest operating post-secondary correctional online program in the nation. This Correctional Education Program, approved during the Obama administration, grants students a Second Chance Pell Grant from the U.S Department of Education. The program is currently functioning at 10 facilities in the state with more expansions on the way. The University has also established Outreach Programs to assist correctional students in making a successful re-entry following release.



"No winter lasts forever, no spring skips its turn."

-Hal Borland

FROM STAFF BEHIND THE FENCE

What do you look forward to most in the spring?

"I look forward to mushroom hunting in the spring and going to the lake."

Darla Howard, COI

"My favorite time of the year is the Fall and Winter, but during the spring I enjoy turkey hunting and fishing."

Colin Hibdon, Laundry

"Just being able to get out and walk and enjoy the fresh, crisp air."

Cindy Corrigan, MRC

"I love being able to sit outside at night in the spring because it is so peaceful, and just being able to do things outside. My least favorite thing is all the bugs."

Debbie Thimmesch, FUM

"My favorite thing to do during spring is working in my flower bed, planting new flowers and bringing others back to life."

Barbra Payne, COI

"I look forward to the warmer weather so I can open my pool. I live in the country and love riding dirt bikes with my Grand kids."

Marilyn Byrd, Gateway

"What I like best about spring is the vibrant colors and the ability to enjoy the outdoors such as going camping."

Jeremiah Reger, COI

"I love the longer days and watching the new flowers bloom. Springtime is also the time of year when my family goes on vacation. Generally, we like to go to Disney Land in California as that is where I am from."

Sheila Justis, COI

"I look forward to soaking up vitamin D from the sunshine, staying out later at night and enjoying the evening."

Carl Gatlin, Academic Teacher III

"The flowers and warmer weather, the sunshine, and getting outside on walks. I most look forward to Sonic Summer Nights in California and Versailles—they host car shows usually starting in April."

Barb Sperry, OSA

"We just built a house and I am looking forward to doing the landscaping, planting flower beds and placing drains. I retire in September so I will probably do a lot of it then."

Toney Parrish, COI



APRIL DATES TO REMEMBER:

APRIL CORE DATES HAVE BEEN CANCELED

APRIL TB TESTING DATES AND TIMES

TB testing for Missouri Department of Corrections employees will be postponed for the remainder of March and for April. At the end of April we will assess the current COVI-19 situation and determine if it is appropriate to resume TB testing at that time, or if the postponement will need to continue. If you have been tested in the last few days and wish to have the test read this week, Employee Health Nurses will read the test, if possible. If not possible, you will need to be retested when TB testing resumes. Any missed tests (March and April birthdays) will be made up when TB testing resumes.

Valarie Moseley, Assistant Division Director

LOOKING AHEAD...

Current and upcoming events at TCC:

Weight Loss Challenge March 5th—April 30th, Final Weigh-in. Separate competition between men and women: 50 percent pay-out to winner.

Spring Dessert Auction: Post-phoned to a later date.

Silent Auction: Post-phoned to a later date.

Personnel Club Meeting: Tuesday, April 7th 2:30pm. Any staff welcome to attend.

Special Olympic dress down days: April 15th and April 30th

NOTEWORTHY DATES IN APRIL 2020

April 1 is All Fools' Day—otherwise known as "April Fools' Day."

April 8 marks the start of Passover (beginning at sundown).

April 10 is Good Friday.

April 12 is Easter Sunday. (April 19 is Orthodox Easter.) Did you know that Easter's date is related to the full Moon?

April 22 is Earth Day. To celebrate, see some Earth Day ideas and activities.

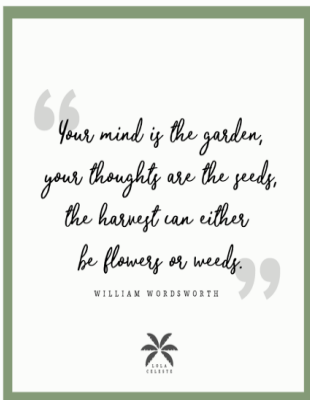
April 23 marks the start of Ramadan (beginning at sundown).

April 24 is National Arbor Day.

April Astronomy

The Full Pink Moon: The Biggest & Brightest Super moon of 2020

April's full Pink Moon will rise on the night of Tuesday, April 7, reaching peak illumination at 10:35 P.M. ET. This full Moon, which is the first full Moon of the spring season, is both a super moon and the Paschal Full Moon!



Everyone Has a Story

DO NOT JUDGE OTHERS BY YOUR OWN STANDARDS, FOR EVERYONE IS MAKING THEIR WAY HOME, IN THE WAY THEY KNOW BEST.

-LEON BROWN

www.AllTimeShortStories.com

A young man in his twenties was seeing out from the train's window shouted...

"Father, look at the trees! They are going behind!"

The young man's father smiled at the man and a young couple sitting nearby, looked at the young man's childish comment with pity.

Suddenly, the young man exclaimed again.

"Father, look at the clouds! They are all running with us!"

The couple couldn't resist and said to the old man.

"Why don't you take your son to a good doctor?"

The old man smiled and said,

"We did and we are just coming from the hospital. My son was blind from birth and he just got his vision today."

Every person in the world has a story. Don't judge people before you truly know them.

The truth might surprise you.

Fishing Calendar for 2020
 Best Fishing Times and Dates from the Old Farmer's Almanac
 By Catherine Boeckmann
 January 1, 2020

When is the Best Time to Go Fishing?

The best times to fish are when the fish are naturally most active. The Sun, Moon, tides, and weather all influence fish activity. For example, fish tend to feed more at sunrise and sunset, and also during a full moon (when tides are higher than average).

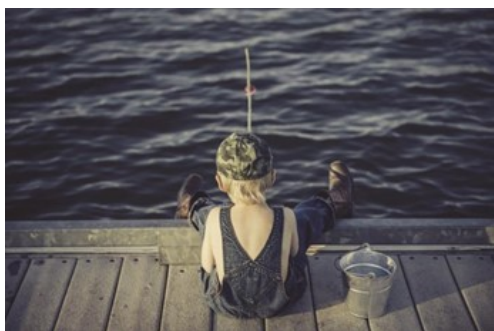
Best Fishing Times

- One hour before and one hour after high tides, and one hour before and one hour after low tides. Inland, the times for high tides correspond with the times when the Moon is due south. Low tides are halfway between high tides.
- During the “morning rise” (after sunup for a spell) and the “evening rise” (just before sundown and the hour or so after).
- During the rise and set of the Moon.
- When the barometer is steady or on the rise. (But even during stormy periods, the fish aren’t going to give up feeding. The smart fisherman will find just the right bait.)
- When there is a hatch of flies—caddis flies or mayflies, commonly. (The fisherman will have to match his fly with the hatching flies or go fishless.)
- When the breeze is from a westerly quarter rather than from the north or east.
- When the water is still or slightly rippled, rather than during a wind.

However, most of us go fishing when we can get the time off, not because it is the best time! But there *are* best fishing days, according to lore:

Best Fishing Days 2020-See Chart

Fishing is said to be best during the time between a new moon and a full moon. This is what the Almanac’s Best Fishing Days are based on.



Month	Best Fishing Days
	2020
January	1–20, 24–31
February	1–9, 23–29
March	1–9, 24–31
April	1–7, 22–30
May	1–7, 22–31
June	1–5, 21–30
July	1–5, 20–31
August	1–3, 18–31
September	1–2, 17–30
October	1, 16–31
November	15–30
December	14–29



1								2
	9		4				5	
		6				7		
	5		9		3			
				7				
			8	5			4	
7						6		
	3				9		8	
		2						1