

Behind the Fence



February
2020

EMPLOYEE OF THE MONTH



Congratulations Donald Reckner, CSI - Employee of the Month for February 2020.

On December 11, 2019 there were two offenders on Dry Cell status and were being non-compliant. Both offenders had several violations including threats on staff. He entered the unit and due to having the respect of the offenders, he was able to de-escalate a potentially harmful incident. He was able to prevent two Use of Forces and possible injuries as well.

He maintained his professionalism during the entire occurrence.

TCC AND THE CORRECTIONS WAY



Many of you may have received an email instructing you to attend the Mandatory Corrections Way Training in March. Most mandatory training is anything but exciting, however this is different. You have probably noticed the signs and posters around the institution referencing the Corrections Way. This is your chance to learn what it is all about. This training is meant to be put into action. In order to accomplish this the department has selected a few supervisors from each worksite to serve as Corrections Way Ambassadors. The Ambassadors for TCC are Lieutenant, Randy Witt, Factory Manager, Kevin Marshall, and Functional Unit Manager, Sean Farmer. The Ambassadors have received additional training regarding the principles of the Corrections Way in order to aid staff with any questions or concerns they may have. Make sure to reach out to one or all of the Ambassadors should the need arise. And why?.....because we are IMPROVING LIVES FOR SAFER COMMUNITIES!

Written by Sean Farmer, FUM

The Missouri Department of Corrections has partnered with the Jefferson City-based consulting firm The Carden Group(TCG) to create a better working environment at all levels of the department. This initiative, known as the Corrections Way, prepares and equips staff to identify, teach, model and reinforce critical leadership skills. TCG has been working with the DOC to instill a culture of excellence, to improve communication, and to build stronger relationships based on the foundation of four key behaviors and skills:

COMMUNICATION STYLES

Understanding communication styles helps team members understand their own individual communication style strengths and weaknesses, as well as those of the people they encounter day to day. Team members are then taught how to flex, adapt and become versatile to other communication styles. This approach provides a solid foundation to develop effective, efficient and productive communication within the organization.

VALUE PREMISE

Bringing awareness to individual value and how each team member affects the culture as a whole creates clarity and aligns individual actions to DOC's mission and purpose. The team members then identify what they are willing to commit to and contribute individually to make a strong team. These commitments become the team's "rules of engagement."

EFFECTIVE FEEDBACK

Learning how to give and receive feedback in all situations opens dialog, builds trust and fosters respect throughout the organization. By using feedback effectively, supervisors encourage staff development and personal growth, resulting in higher employee engagement and satisfaction while reducing employee turnover.

DE-ESCALATION

Using a process to clarify, listen, restate your understanding and check in to gain agreement helps create positive, open dialog in all situations. This approach also builds trust and fosters respect. Team members learn how to avoid, shift, contain and redirect negativity, supporting a more efficient and productive workplace.

<https://doc.mo.gov/initiatives/supervisor-training>



“It’s not stress that kills us, it is our reaction to it.”

Hans Selye



5 THINGS YOU SHOULD KNOW ABOUT STRESS

REST



RECHARGE



RELAX

Everyone feels stressed from time to time, but what is stress? How does it affect your overall health? And what can you do to manage your stress?

Stress is how the brain and body respond to any demand. Any type of challenge—such as performance at work or school, a significant life change, or a traumatic event can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stressors, so you know when to seek help.

Here are five things you should know about stress.

1. STRESS AFFECTS EVERYONE

Everyone experiences stress from time to time. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time. Some people may cope with stress more effectively and recover from stressful events more quickly than others.

Examples of stress include:

- Routine stress related to the pressures of school, work, family, and other daily responsibilities.
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.

Traumatic stress experienced during an event such as a major accident, war, assault, or natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress may have very distressing temporary emotional and physical symptoms, but most recover naturally soon after.

2. NOT ALL STRESS IS BAD

In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, and your brain uses more oxygen and increases activity—all functions aimed at survival and in response to stress. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

3. LONG-TERM STRESS CAN HARM YOUR HEALTH

Coping with the impact of chronic stress can be challenging. Because the source of long-term stress is more constant than acute stress, the body never receives a clear signal to return to normal functioning. With chronic stress, those same lifesaving reactions in the body can disturb the immune, digestive, cardiovascular, sleep, and reproductive systems. Some people may experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger, or irritability.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, including mental disorders such as depression or anxiety.



4. THERE ARE WAYS TO MANAGE STRESS

If you take practical steps to manage your stress, you may reduce the risk of negative health effects. Here are some tips that may help you to cope with stress:

Be observant Recognize the signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.

Talk to your health care provider or a health professional Don't wait for your health care provider to ask about your stress. Start the conversation and get proper health care for existing or new health problems. Effective treatments can help if your stress is affecting your relationships or ability to work. Don't know where to start? Read our [Tips for Talking With Your Health Care Provider](#).

Get regular exercise Just 30 minutes per day of walking can help boost your mood and improve your health.

Try a relaxing activity Explore relaxation or wellness programs, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy and relaxing activities.

Set goals and priorities Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you're taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Stay connected You are not alone. Keep in touch with people who can provide emotional support and practical help. To reduce stress, ask for help from friends, family, and community or religious organizations.

Consider a clinical trial Researchers at the National Institute of Mental Health (NIMH) and other research facilities across the country are studying the causes and effects of psychological stress as well as stress management techniques. You can learn more about studies that are recruiting by visiting [Join a Study or ClinicalTrials.gov](#) (keyword: stress).

5. IF YOU'RE OVERWHELMED BY STRESS, ASK FOR HELP FROM A HEALTH PROFESSIONAL

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently as a result of stress. Your doctor may be able to provide a recommendation. Resources are available to help you find a mental health provider.



<https://www.nimh.nih.gov/health/publications/stress/index.shtml>

MARCH DATES TO REMEMBER:



MARCH CORE DATES

Custody

March 16th - 20th

Non-Custody

March: 3rd - 5th

MARCH TB TESTING DATES/TIMES

All in the North Conference Room:

Give -Tuesday, March: 3th, 2020 2:00 – 3:30 PM

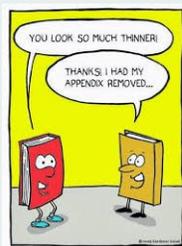
Read -Thursday, March: 5th, 2020 2:00 – 3:30 PM

Give - Tuesday, March: 17th, 2020 7:00 – 8:30 AM

Read - Thursday, March: 19th, 2020 7:00 – 8:30 AM

"You're never alone when you're reading a book."

Susan Wiggs



WHAT'S GOING ON IN TCC'S LIBRARY?



TCC's Librarian, Ms. Berenice Clark started working at TCC in April of 2019. TCC was without a Librarian for over a year! What a relief to finally have a full-time Librarian, as Case Manager Eric Jacobs spent the majority of this time filling in during the vacancy.

Ms. Clark has been here for almost a year now, and the Library is in full swing once again. One of the most recent additions to the Library at TCC is the new book return box located right outside the Library. The return box was bought by the DOC, and TCC is one of many institutions to be receiving them across the state. It has already had a large impact by cutting down on the amount of over due books. Cutting down on the amount of over due books means less time a book is spent lying around in an offender's possession and possibly becoming damaged. Just over one weekend, there were over 25 books returned. Offenders are able to drop their books off in passing if they work in that direction, or on their way to Recreation.

There will also soon be over 400 new books of various genres on their way, making their home at TCC. Ms. Clark has done an awesome job in getting things back on track and running again at TCC's Library.

In History This Month



February 1, 2003 - Sixteen minutes before it was scheduled to land, the Space Shuttle *Columbia* broke apart in flight over west Texas, killing all seven crew members. The accident may have resulted from damage caused during liftoff when a piece of insulating foam from the external fuel tank broke off, piercing a hole in the shuttle's left wing that allowed hot gases to penetrate the wing upon re-entry into the Earth's atmosphere. This was the second space shuttle lost in flight. In January 1986, *Challenger* exploded during liftoff.

February 3, 1870 - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

February 3, 1913 - The 16th Amendment to the U.S. Constitution was ratified, granting Congress the authority to collect income taxes.

Birthday, February 6 - Legendary baseball player George Herman "Babe" Ruth (1895-1948) was born in Baltimore, Maryland. Ruth held or shared 60 Major League records, including pitching 29 consecutive scoreless innings and hitting 714 home runs.

February 8, 1910 - The Boy Scouts of America was founded by William Boyce in Washington, D.C., modeled after the British Boy Scouts.

Birthday, February 12 - Abraham Lincoln (1809-1865) the 16th U.S. President was born in Hardin County, Kentucky. He led the nation through the tumultuous Civil War, freed the slaves, composed the Gettysburg Address, and established Thanksgiving.

February 12, 1999 - The impeachment trial of President Bill Clinton in the U.S. Senate ended. With the whole world watching via television, Senators stood up one by one during the final roll call to vote "guilty" or "not guilty." On Article 1 (charging Clinton with perjury) 55 senators, including 10 Republicans and all 45 Democrats voted not guilty. On Article 2 (charging Clinton with obstruction of justice) the Senate split evenly, 50 for and 50 against the President. With the necessary two-thirds majority not having been achieved, President Clinton was thus acquitted on both charges and served out the remainder of his term of office lasting through January 20, 2001.

Birthday, February 15 - Astronomer and physicist Galileo Galilei (1564-1642) was born in Pisa, Italy. He was the first astronomer to use a telescope and advanced the theory that the sun, not the earth, was the center of the solar system.

Birthday, February 22 - George Washington (1732-1799) was born in Westmoreland County, Virginia. He served as commander of the Continental Army during the American Revolution and became the first U.S. President.

February 27, 1991 - In Desert Storm, the 100-hour ground war ended as Allied troops entered Kuwait just four days after launching their offensive against Saddam Hussein's Iraqi forces.

February 28, 1994 - NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters in a no-fly zone.



Valentines Day 2020



For the month of February, TCC's Personnel Club had a fundraiser selling Valentine cupcakes. All 210 cupcakes were sold. Staff enjoyed giving and receiving a cupcake from other fellow staff members, making it a great fundraiser.

Millions of Americans will be lining up to buy their lovers chocolate covered strawberries and bouquets of roses this Valentine's Day. But while you're standing there trying to pick out the perfect present or greeting card for your loved one, have you ever wondered how this behemoth of a day dedicated to love came to be? The answer is extremely interesting and with the help of Kathleen Davis, deputy editor of Fact Company, we've uncovered not only the holiday's history, but some other amazing Valentine's Day facts.

Valentine's Day started with the Romans.

There are two theories about the origin of Valentine's Day. According to History.com, one is that the day derives from Lupercalia, a raucous Roman festival on February 15th where men stripped naked and spanked young maidens in the hopes of upping their fertility.

The second theory is that while the Roman Emperor Claudius II was trying to bolster his army, he forbade young men to marry, because apparently single men make better soldiers. In the spirit of love, St. Valentine defied the ban and performed secret marriages, History.com reports. For his disobedience, Valentine was executed on February 14th.

Wearing your heart on your sleeve is more than just a phrase.

In the Middle Ages, young men and women drew names to see who their Valentine would be, the LA Times reports. According to Smithsonian, they would wear the name pinned to their sleeve for one week so that everyone would know their supposed true feelings.

Candy hearts were originally medical lozenges.

In 1847, Boston pharmacist Oliver Chase invented a machine that simplified the lozenge production process, resulting in the first candy-making machine, according to *The Oxford Encyclopedia of Food and Drink in America*. After identifying an opportunity to revolutionize the candy business, Chase shifted his focus to candy production with Necco wafers.

The candies got their iconic shape much later.

It wasn't until 15 years after the creation of Necco wafers that Daniel Chase's brother, Oliver Chase, developed a way to press words onto the candy lozenges with a felt roller pad and vegetable food coloring. According to *The Huffington Post*, the conversation candies officially became heart-shaped in 1902, and today Necco says about 100,000 of them are sold each year.

Americans spend a lot on love.

According to a survey by the National Retail Federation, Americans spent \$20.7 billion for Valentine's Day in 2019 and were expected to spend \$27.4 billion in 2020.

The chocolate box has been around for more than 140 years.

In addition to creating arguably the richest, creamiest, and sweetest chocolate on the market, Richard Cadbury also introduced the first box of Valentine's Day chocolates in 1868, History.com reports.

<https://www.womansday.com/relationships/a4702/10-fun-valentines-day-facts-103385/>



TCC Non-Custody Staff



Congratulations to Laura Sanning who will be transferring to Tipton Correctional Center from Jefferson City Correctional Center as the Business Manager (Executive II). Please welcome her to the TCC Family, and assist her as she transitions and acclimates herself. For the time being, we will be sharing Ms. Sanning with JCCC, as she continues to assist JCCC until they hire a replacement.



Sundi Graham, Re-entry



Heather Brown, Re-entry



Jessica Ford, Cook II





TCC Custody Staff



Jeffrey Altman



Danyelle Burnett



Elena Bauer



Meghan Harmon



Stefanie Borts



Conner Alpers



Chase Hummel



Jason Quade



Derrick Ebeibrus



Braxton Battles



TEAM HISTORY

<https://www.profootballhof.com/teams/kansas-city-chiefs/team-history/>

In 1959, a 26 year-old Texan, frustrated by his unsuccessful attempts to gain a pro football franchise in the National Football League, embarked on an alternate course that was to drastically change the face of pro football forever. The young man was Lamar Hunt, who founded the American Football League that season and served as the league's first president when its eight new teams began play in 1960.

Hunt's own team, the Dallas Texans, was located in his hometown where he would face direct competition from the NFL's newest expansion team, the Dallas Cowboys. In spite of this opposition from the established NFL, the Texans quickly made their mark as one of the new league's strongest teams. In their third season in 1962, they won the AFL championship with a 20-17 win over the Houston Oilers in a 77 minute, 54 second, two-overtime game, the longest pro football game ever played up to that time.

Although the Texans fared well in Dallas, Hunt decided that, for the good of the league, it would be best to move his franchise to Kansas City in 1963. There the team was renamed the Chiefs and it continued to enjoy the success the team had experienced in Dallas. The Chiefs won a second AFL title in 1966 and was the first team to represent the AFL in Super Bowl competition.

Kansas City won another title in 1969 and became the only team in AFL history to win three championships. Although the Minnesota Vikings were heavily favored in Super Bowl IV, Kansas City upset the NFL champions 23-7 to complete the AFL vs. NFL portion of the Super Bowl series tied at two wins each. It was the last game ever played by an AFL team.

The Texans-Chiefs' 10-season AFL record of 92-50-5 was the best of any AFL team. Head coach Hank Stram became the only man to serve as a head coach throughout the AFL's history.

Thanks to Hunt's wise player-procurement policies, his teams were loaded with potential superstars, including five – quarterback Len Dawson, defensive end Buck Buchanan, linebackers Bobby Bell and Willie Lanier and kicker Jan Stenerud – who have been elected to the Pro Football Hall of Fame. Hunt himself was the first Chief elected for his role in forming a new league that caused pro football to grow from 12 teams to 26 teams in the 1960's.

When they first moved to Kansas City, the Chiefs played in 49,002-seat Municipal Stadium. But in 1972, they moved into their current home, 78,097-seat Arrowhead Stadium, considered to be one of the world's finest.

The Chiefs won the AFC Western Division title in 1971, but their Christmas Day double-overtime playoff loss to Miami that year marked their last playoff appearance until the 1986 Chiefs captured a wild-card playoff berth. The Chiefs were perennial playoff contenders under coach Marty Schottenheimer from 1989-1998. The Chiefs are now in the capable hands of coach Andy Reid, who earned a playoff spot in his first season with the team.



CHIEFS DAY



AT TCC

TCC staff enjoyed wearing their favorite football team apparel in preparation for the upcoming Superbowl. The event was a benefit of the Personnel Club.



All you need is love.
But a little chocolate now and then doesn't hurt.

CHARLES M. SCHULZ

BH&G

"DON'T FORGET TO FALL IN LOVE WITH YOURSELF FIRST"

— Carrie Bradshaw

The best thing to hold onto in life is each other

AUDREY HEPBURN

BH&G

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



B Q Q J D F I R S T K I S S N T I U K O
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 Q I L H G E A Q B A P O V I Z E A M V Z
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 S E L A A Y R Z N U M I L A E D E R Z Y
 S D E C R L M T E N E P X T S W X Y H L
 B D G C O S I M Y A M Z G E N O L I J X
 F Y G R N N D D X M O L T E C K L M Y N
 P B W Q E Y T S A Z R U O W D D J V Z P
 D E H K Q K U D V T I G E S N C G Q C C
 B A C H O C O L A T E B Q D I P U C T O
 J R V D C F X T N E S Y R J J I Z T A F

Unnecessary Doubts



A boy and a girl were playing together. The boy had a collection of beautiful marbles. The girl had some candies with her. The boy offered to give the girl all his marbles in exchange for all her candies. The girl agreed. The boy gave all the marbles to the girl, but secretly kept the biggest and the most beautiful marble for himself. The girl gave him all her candies as she had promised. That night, the girl slept peacefully.

But the boy couldn't sleep as he kept wondering if the girl had hidden some more tasty candies from him the way he had hidden his best marble.

Moral: If you don't give your hundred percent in a relationship, you'll always keep doubting if the other person has given his/her hundred percent.