



Behind the Fence

JULY EMPLOYEE OF THE MONTH



Congratulations Stacie Bennett, COI for Employee of the Month for July 2020. COI Bennett was nominated by her fellow workers for her positive and happy attitude. She shows genuine concern for her coworkers and boosts morale by bringing snacks for staff members. She is always willing to lend a helping hand when needed.



To Our Fellow Staff in Corrections:

Submitted by Lieutenant Hathaway



“Bad attitudes will ruin your team.”

Terry Bradshaw

We work in an environment where we have to have strong relationships. This does not happen overnight, they take time and effort, they take trust and understanding.

Strong relationships allow for growth, discovery, and feedback. These relationships are built on Trust, Respect, and Rapport. This leads to a stronger internal culture and environment, and a greater sense of purpose and value.

Each and everyone of you are important to not only TCC, but also to the MODOC as a whole. We should all feel as part of the team and understand how we work together to make the strongest team possible.

Your TCC Corrections Way Ambassadors are here to assist our team. If you have any questions about The Corrections Way or would like more information please feel free to reach out to us. Thanks for all you do for TCC on a daily basis.

TCC Corrections Way Ambassadors

Lieutenant Randy Witt- 3rd Shift
Captain Reginald Hathaway-2nd Shift
Unit Manager Sean Farmer-2nd Shift
Factory Manager Kevin Marshall-2nd Shift



The Fourth of July

Also known as Independence Day or July 4th - has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

A History of Independence Day

When the initial battles in the Revolutionary War broke out in April 1775, few colonists desired complete independence from Great Britain, and those who did were considered radical.

By the middle of the following year, however, many more colonists had come to favor independence, thanks to growing hostility against Britain and the spread of revolutionary sentiments such as those expressed in the bestselling pamphlet "Common Sense," published by Thomas Paine in early 1776.

On June 7, when the Continental Congress met at the Pennsylvania State House (later Independence Hall) in Philadelphia, the Virginia delegate Richard Henry Lee introduced a motion calling for the colonies' independence.

Amid heated debate, Congress postponed the vote on Lee's resolution, but appointed a five-man committee - including Thomas Jefferson of Virginia, John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York - to draft a formal statement justifying the break with Great Britain.

Did you know? John Adams believed that July 2nd was the correct date on which to celebrate the birth of American independence, and would reportedly turn down invitations to appear at July 4th events in protest. Adams and Thomas Jefferson both died on July 4, 1826 - the 50th anniversary of the adoption of the Declaration of Independence.

On July 2nd, the Continental Congress voted in favor of Lee's resolution for independence in a near-unanimous vote (the New York delegation abstained, but later voted affirmatively). On that day, John Adams wrote to his wife Abigail that July 2 "will be celebrated, by succeeding Generations, as the great anniversary Festival" and that the celebration should include "Pomp and Parade...Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other."



On July 4th, the Continental Congress formally adopted the Declaration of Independence, which had been written largely by Jefferson. Though the vote for actual independence took place on July 2nd, from then on the 4th became the day that was celebrated as the birth of American independence.

Fourth of July Fireworks

The first fireworks were used as early as 200 BC. The tradition of setting off fireworks on the 4th of July began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the 13 colonies. The *Pennsylvania Evening Post* reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the Sons of Liberty set off fireworks over Boston Common.

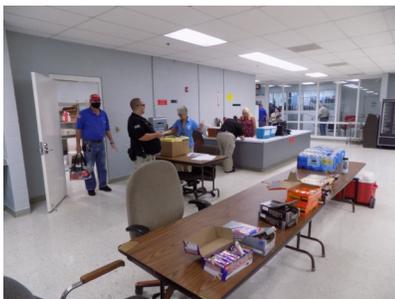
Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the War of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "The Star-Spangled Banner," the national anthem of the United States.

COVID Testing at TCC



TCC conducted Sentinel testing July 20, 2020 through July 22, 2020. Offender testing was performed in the Chapel by Corizon Staff; testing went smoothly with no offender refusals. Staff and contracted staff testing was conducted in the visiting room. Staff performed their own tests with the assistance and supervision of the National Guard. A total of 1,014 COVID-19 tests were processed. 1,013 negative test results with one offender positive result.



Thank you to the staff assisting with the preparation, processing and documentation that was necessary to perform the tests. Everyone displayed teamwork, patience and a positive attitude, it would not have been successful without everyone's assistance. We also wanted to thank all staff, we had no refusals and everyone was very cooperative. One final HUGE THANK YOU to the anonymous candy donor for your generosity, it was greatly appreciated by all staff members.



Written by DWOM, Cybelle Webber



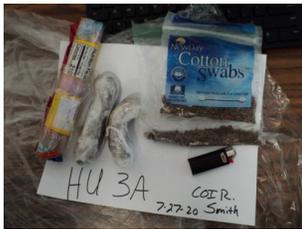
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Corrections



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On Monday, July 27th, COI Randall Smith was conducting a search in an offender's living area in HU 12 when he discovered a small bottle in a cup that had amphetamines inside.

On Tuesday, July 28th, he also found several bags of tobacco while conducting a search in HU 3A. The contraband was in a light fixture and a privacy barrier.



Tcc's Most Recent New Employee...



COOK I Lee Davis



TCC'S PERSONNEL CLUB IS HOSTING A DONUT HOLE FUNDRAISER FRIDAY, JULY 31ST

TCC's Personnel Club hosted a donut-hole fundraiser on Friday, July 31st from 6AM until gone at \$2.00 a bag. Donut-holes were purchased from Sedalia's Papa Jakes.

Thank you to PO Leslie Kelley and COI Rachel Hayward for taking the time to sell the donut holes.

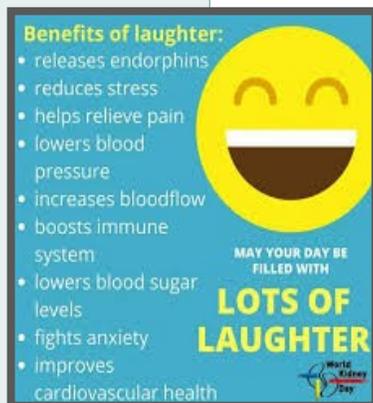
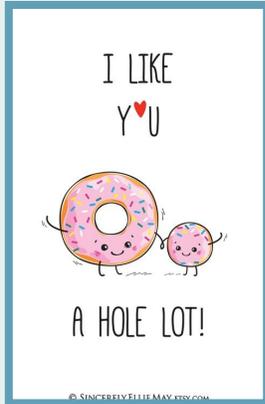
The Personnel Club made a total of \$269 which includes donations. Thanks to everyone who supported the fundraiser!



Between the optimist and the pessimist, the difference is droll.

The optimist sees the doughnut; The pessimist the hole!

- Oscar Wilde



Life is better when you're laughing.

THE CHILD AND HIS MOTHER:

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?" The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!" The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

WRONG EMAIL ADDRESS:

A couple was going on vacation, but the wife was on a business trip so they decided the husband would go on to the destination first and his wife would meet him the next day. When the man reached his hotel, he decided to send his wife a quick email. Unfortunately, when typing her address, he mistyped a letter and his note was directed instead to an elderly preacher's wife whose husband had passed away only the day before. When the grieving widow checked her email, she took one look at the monitor, let out a piercing scream, and fell to the floor in a dead faint. At the sound, her family rushed into the room and saw this note on the screen:
*Dearest Wife,
Just got checked in. Everything prepared for your arrival tomorrow.
P.S. Sure is hot down here.*

CAPTAIN:

A navy captain is alerted by his First Mate that there is a pirate ship coming towards his position. He asks a sailor to get him his red shirt. The captain was asked, "Why do you need a red shirt?" The Captain replies, "So that when I bleed, you guys don't notice and aren't discouraged." They fight off the pirates eventually. The very next day, the Captain is alerted that 50 pirate ships are coming towards their boat. He yells, "Get me my brown pants!"

Introducing TCC's Personnel Committee



Starting from left, back row:

Amanda Clutter, CCM II and Personnel Club Secretary

I grew up in Keytesville, MO and started working for the State of Missouri in the Children's Division right out of college. I transferred over to the Department of Corrections 2 years ago at Tipton continuing to do case management. When I'm not working I love being a sports mom, camping, and really just being outdoors (especially in the summer)! I joined the Personnel Club at the beginning of this year after seeing all of the things that the committee strives to do in order to boost morale. I wanted to be apart of the team building amongst different areas at the institution. I also enjoy meeting and working with the various staff members in the different areas so if you think you might be interested, don't hesitate to come see what the Personnel Club is all about!

Leslie Kelley, Institutional Parole Officer and Personnel Club Vice President

I began my career as a field Probation & Parole Officer at District #27 in October 2001. I transferred to Tipton Correctional Center in October 2003 as an Institutional Probation & Parole Officer. I have been married to my best friend for 7 years and we have two boys, ages 5 and 18 months. Outside of work I enjoy camping (in our camper, no tents for this girl!), floating in the Gasconade River, antique/flea market shopping and weekend trips with my boys! I love being a part of the Personnel Club because we get to work together across sections of the institution to show our appreciation for all staff at Tipton Correctional Center. We have a lot of fun and get to show our pride of TCC!

Jill Newton, OSA and Personnel Club Treasurer

I have worked at TCC for nine years, four of those I worked for Corizon in Medical Records. I became an OSA with the DOC in 2015 and currently work out of HU 14. I really enjoy what I do, and one of my favorite parts about working at TCC other than creating the newsletter is being Treasurer on the Personnel Committee. The people I work with on the committee are awesome, we have a lot of fun and we have the same goal — to do good things for our fellow staff members. Each one of us on the committee work really hard to come up with ideal fundraisers that everyone will enjoy.

Sean Farmer, Functional Unit Manager and Personnel Club President

I have worked at TCC for five years starting in 2015 as a Corrections Case Manager, promoting to my current position in 2019. I am currently assigned as the FUM over segregation and the medical unit. Prior to working here I was a Children's Service Worker for Missouri Children's Division and I worked in the private sector. I have been married to my beautiful wife for 18 years and we have 3 awesome children two daughter ages 18 and 11 and a son age 11. That's right my youngest are twins. In my free time I enjoy fishing and I am active in my church. I was asked last year if I was interested in being a part of the Personnel Club and I accepted. Being involved with the personnel club has allowed me to get to know more of the employees who work at TCC. We really do have a great group of people who work here and it's awesome to be a part of something to show them appreciation for all of their hard work.

Kevin Marshall, Factory Manager I (MVE)

I started work at TCC in 2011 as a Maintenance Worker, then became Garage Supervisor, and now Factory Manager I at MVE Chair Factory. I live in Boonville with my wife and P4P rescue dog (Harlow). Hobbies include boating, spending time at the lake, and home brewing. I've been part of PBC for a couple years now, and like knowing I have a part in making sure we can provide benefits to all our employees.

Rachel Hayward, Corrections Officer I

I just reached my two year birthday with TCC. I left behind my 12 year career in healthcare to start a career with DOC. I currently work in the Segregation Unit on first shift which I really enjoy; there are never two nights alike. I love nature and any type of hiking or kayaking. On my days off you can find me at a State Park. I also like to read about nutrition and exercise, and how it can benefit our bodies. I joined the Personnel Club to help create a positive impact on our staff. We are all here for you!

Front row:

Emily Anderson, Corrections Classification Assistant

I have worked for the Department for a little over 23 years all here at Tipton. I was a COI for 22 years and 8 months and am now the CCA (I enter the job changes and bed moves). Outside of work I keep myself entertained with music, animals, various projects with my husband and my new-found addiction to motorcycling. I've been to three different countries, have a love of travel and hope to do much more in the future. I joined the Personnel Club because I didn't want to be one of those people that wants to see a change but doesn't want to do anything to change it. (It's a pretty darn good group of people and you should see about joining us!)

Glenda Pratt, Office Support Assistant

I grew up in Warsaw, MO. I have worked for the State of MO for 17 years (16 with DESE and 1 with DOC). I live in Marshall, MO, with my husband and menagerie of pets. I joined PCB to help continue to improve morale at TCC and meet more fellow employees. I enjoy seeing what kinds of ideas we can come up with to make TCC a better place to work.

Donna Graham, OSA

a.k.a. *The Morning Popcorn Lady*...LOL. I work for Major Shewmaker and truly enjoy my job, all the people I get to work with AND popping popcorn for the good folks here at Tipton!! Becoming a member of PBC gave me an opportunity to meet our staff and get to know them personally and professionally. And it's nice to know that all the funds we raise go directly back to our staff through many avenues i.e., payday popcorn, providing the main course for the holiday dinners, holiday gifts and all the goodies given out during employee week.

Abby Clifford, OSA

I have been with DOC since November of 2011, and was with CMS/Corizon 5 years prior to DOC. I left TCC for a short time in 2012 to work at BCC as an OSA, but later transferred back to TCC where I currently work in the Training office across the street. This is my second time being on the Personnel Committee, and I enjoy being a part of a great group.



Josh Harkins, Corrections Case Manager

Josh is the Personnel Clubs newest member as of just this month. Welcome on board, Josh!

“Laughter is the language of the soul.” -PABLO NERUDA

DATES TO REMEMBER:

AUGUST TB TESTING DATES/TIMES:

All in the North Conference Room:

Give –Tuesday, August: 4th, 2020 7:00 – 8:30 AM

Read –Thursday, August: 6th, 2020 7:00 – 8:30 AM

Give – Tuesday, August: 18th, 2020 2:00 – 3:30 PM

Read – Thursday, August: 20th, 2020 2:00 – 3:30 PM



Dogwood Animal Shelter

No Kill Shelter and Low Cost Spay/Neuter Clinic



On July 24, 2020, Puppies for Parole Coordinator and Case Manager, Patty Stafford presented Dogwood Animal Shelter with a check for \$5,000.00.

Tipton Correctional Center has been working with Dogwood Animal Shelter to help find dogs a home for approximately 10 years. Even though TCC's Puppies for Parole is not currently active, we still support them in other ways. Right now our Canteen sells sandwiches to offenders, and a dollar from each sandwich goes towards TCC's Puppies for Parole fund.

Tipton Correctional Center has helped the shelter find homes for over 150 dogs.



How much do you know about the 4th of July?

1) **What historical event do Americans celebrate on the fourth of July?**

- A. Official signing of the declaration of independence
- B. George Washington's birthday
- C. The first shots of the American Revolution
- D. Formal adoption of the Declaration of Independence

2) **When were fireworks first used in an official fourth of July celebration?**

- A. 1777
- B. 1812
- C. 1876
- D. 1901

3) **Which president first held a Fourth of July celebration at the White House?**

- A. George Washington
- B. John Adams
- C. Thomas Jefferson
- D. James Madison

4) **Which newspaper first printed the Declaration of Independence?**

- A. The Philadelphia Eagle
- B. The New York Times
- C. The Pennsylvania Evening Post
- D. The National Enquirer

5) **Which two U.S. Presidents died on July 4 in the same year?**

- A. Thomas Jefferson and John Adams
- B. James Monroe and Martin Van Buren
- C. Millard Fillmore and Andrew Johnson
- D. William Howard Taft and Warren G.

- 6) **Which U.S President was born on Independence Day?**
- A. Calvin Coolidge
 - B. James Buchanan
 - C. Lyndon B. Johnson
 - D. Ronald Reagan
- 7) **What is the estimated number of people living in the 13 colonies on July 4, 1776?**
- A. 9 Million
 - B. 2.5 Million
 - C. 15 Million
 - D. 30 Million
- 8) **When did the Fourth of July become a federal holiday?**
- A. It's a state holiday, not a federal holiday.
 - B. 1870
 - C. 1876
 - D. 1777
- 9) **Which of the following was of one of the original 13 American Colonies?**
- A. Vermont
 - B. Georgia
 - C. Massachusetts
 - D. North Carolina
- 10) **What baseball player threw a 4-0 no-hitter against the Boston Red Sox on July 4, 1983?**
- A. Jim Palmer of the Baltimore Orioles
 - B. Orel Hershisier of the Los Angeles Dodgers
 - C. Jack Morris of the Detroit Tigers
 - D. Dave Righetti of the New York Yankees

<https://www.aarp.org/politics-society/history/info-07-2012/fourth-of-july-history-quiz.html#quest1>

Answers are on the last page.

How Humor Can Ease the Stress of COVID-19

By [Sherri Gordon](#)

Reviewed by [Amy Morin, LCSW](#)

Published on May 11, 2020

We've all heard the popular saying, "Laughter is the best medicine." But does that type of thinking apply to something as serious as a global pandemic? Most psychologists would say yes. Humor helps people take back their sense of power in a powerless situation and it helps them connect with others—two things we have lost during this pandemic.

Antidote for
stress, pain and
conflict is
laughing.



And although there is nothing particularly funny about what we're going through, science suggests that those funny memes, crazy TikTok videos, and snarky online quotes may be just what we need to ease the overwhelming fear, anxiety, and grief many of us are dealing with on a daily basis.

Even loneliness has become as crushing as the pandemic itself threatening to overwhelm people every day. Clearly, we need something to lighten the stress load we're all experiencing. And humor could be just what the doctor ordered.

How People Benefit From Laughing

Obviously, the seriousness of COVID-19 is no laughing matter. People are dying every day, and those in the medical field are being stretched beyond what any person should have to bear. But, we all need to find a way to cope with the dangers and limitations we're facing or risk serious mental health consequences.

For some, the answer may be laughter. In fact, laughter activates important feel-good hormones in the brain while also reducing stress-related hormones like cortisol. Laughter also increases the number of antibody-producing cells we have working in our bodies. And, it enhances our T-cells, which are at the core of adaptive immunity and help tailor our immune response. All of this equates to a stronger immune system.

Research also indicates that humor benefits both a person's physical and psychological state. In fact, studies show that humor has the ability to provide pain relief, improve positive emotions, regulate stress, disengage from distress, and improve interpersonal communications. And, according to the Association of Applied and Therapeutic Humor, people experience a 39% reduction in stress just by anticipating humor.

There also is a physical release that comes through laughter—it's a cleansing sort of feeling that impacts us both physically and emotionally. Most people feel really good after laughing. In fact, many people report that they feel like a weight has been lifted. And, at a time when so much is weighing us down, it can be very therapeutic to engage in some good-natured humor.

Ways to Add Humor to Your Life

Laughter is a free and easy stress management tool that can be used by just about anyone to lighten the mood and improve mental health. Here are some ways to add a little humor into your life during this challenging time.

Subscribe to Funny YouTube Channels

There's nothing funnier than watching goofy pet videos. Even videos of babies doing silly things can be entertaining. So, if you're feeling a little down and want a good laugh, just log onto YouTube and search "popular comedy" or "funny videos." You're bound to find something that will make you laugh. Or, you may want to subscribe to regular YouTubers that make a living making others laugh. Then, you will have a regular stream of funny videos ready to go in your inbox.

If you're wondering what to look for, you might try Good Mythical Morning. You also could check out the Holderness Family, Kristin and Danny Adams, and or even Heather Land's "I Ain't Doin It." Bad Lip Reading of the NFL is usually good for a few laughs too. The options are endless.

Watch Comedians Online

Countless numbers of comedians are offering their comedy routines online. Even with social distancing measures in place, many are still putting out new material.

All the regulars like Jimmy Fallon, Steven Colbert, and Jimmy Kimmel are producing regular material that is readily available. Simply do a quick search to find the latest material or watch some older versions. And let's not forget about the copious amounts of content available on Hulu, HBO, and Netflix. Just head over to the comedy section and laugh until your sides hurt.

Share Old Stories

Nothing's better than sharing stories about funnier times. Whether you're on Skype, Zoom, or FaceTime, it's fun to remember the old days and laugh about the silly things you did.

Plus, sharing those old stories together helps strengthen bonds and reminds you of how much you have to be thankful for.

So, the next time you're talking with a friend or family member, share a "Remember when" story. It's sure to bring a smile to both your faces.

Tell Jokes

There's nothing better than "Dad jokes." They are so silly and cringe-worthy that they are bound to make you laugh. So, if you want to crack up your kids or make your co-workers giggle during the next Zoom meeting, do a quick search of Dad jokes and see what you can come up with.

Or, maybe you could have a contest among your family members to see who can tell the best joke each night at dinner. A good pun is also always a solid way to make someone smile.

Laugh at Yourself

There are lots of things you're probably doing that if you stepped back and really looked at them, you would find they are actually quite funny. Maybe it's the way your face mask makes your hair stick out on the sides. Or maybe it's the fact that you walked past your partner's Zoom meeting in your pajamas. Or, it could be the fact that you filmed a video for work without realizing that your giant cutout of Captain America is standing in the background.

Everyone does silly things. The key is to laugh at yourselves a little bit. Because when you laugh, others take it as a cue to laugh as well.

Create or Watch TikTok Videos

TikTok is one of the most popular social media apps out there. And during this pandemic, people are taking to it in droves creating their own funny takes on everything from staying at home to the toilet paper shortage.

In the meantime, TikTok has created donation stickers that allow online creators to raise money for coronavirus relief efforts. And even those in the medical field are using the app to get important information to younger users. So, if you've got a few extra minutes and want a good laugh, download the app, and have fun.

A Word From Verywell

Humor is mankind's built-in coping mechanism that distracts us from the difficulty of the situation we are living and allows us to release some built-up tension. It's a type of mental armor that allows us to manage the unmanageable. So, go ahead and laugh at those funny pet videos or turn on a rerun of *America's Funniest Home Videos*. A good, solid belly laugh may be exactly what you need to lighten the mood, relieve some stress, and feel better overall.



Answers: How much do you know about the 4th of July?

Answers:

- 1) (D) Formal adoption of the Declaration of Independence.

On July 2, 1776, the Continental Congress voted to approve a motion by Virginia to separate from Great Britain. Two days later, the declaration proclaiming the independence of the United States of America from Great Britain and its king was formally adopted by 12 Colonies.

- 2) (A) 1777

Congress authorized using fireworks to help mark the first anniversary of the Declaration of Independence. The celebration, which took place in Philadelphia, also included bonfires and bells.

- 3) (C) Thomas Jefferson

Though John Adams was the first president to occupy the White House, it was Thomas Jefferson who, on July 4, 1801, opened the Executive Mansion to diplomats, civil and military officers and Cherokee chiefs. The Marine Band performed, "The President's March" (later retitled "Hail Columbia") and other patriotic airs.

- 4) (C) The Pennsylvania Evening Post

After John Dunlap of Philadelphia printed copies of the declaration of the Continental Congress on July 4, 1776, printers throughout the Colonies produced their own versions. The one from the Pennsylvania Evening Post came out on July 6, 1776.

- 5) (A) Thomas Jefferson and John Adams

The two former presidents, once fellow patriots and later political rivals, died within hours of each other on July 4, 1826. Jefferson was 83 Adams 90.

- 6) (A) Calvin Coolidge

The 30th president was born on July 4th 1872, in Plymouth Notch, Vt. He's the only president born on Independence Day.

- 7) (B) 2.5 million

The estimate comes from the U.S. Census Bureau.

- 8) (B) 1870

Congress reaffirmed the holiday in 1938 and mandated a full pay for federal employees.

- 9) (A) Vermont

The other 10 were: Connecticut; Delaware, Maryland, new Hampshire, new jersey, new York, Pennsylvania, Rhode island, south Carolina and Virginia. The colonies became the first 13 states. Vermont became the 14th on march 4, 1791.

- 10) (D) Dave Righetti of the New York Yankees

It was the Yankees' first no-hitter in 27 years. Former President Richard Nixon was there and sent Righetti a congratulatory letter.