About 35 members of the ADC staff attended the 42nd Annual Southern States Correctional Association Conference July 17-20 in Biloxi, Miss. The annual training conference is attended by members and representatives of the 14 SSCA states, which include Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia and West Virginia.

Members of the Mississippi delegation hosted this year’s conference at the Beau Rivage Resort. SSCA President Christopher Epps welcomed attendees who spent several days in training sessions on topics such as PREA, officer safety strategies, gangs, hostage incidents, drug dealers, living free in a locked up world and correctional employment issues.

Sgt. Stephen Poe and Corp. Derrick Jones of the ADC were honored with the SSCA Line Staff of the Year Award for their acts of heroism during an incident at Varner. More than 500 delegates attended this year’s conference and plans are already being made for next year’s meeting in Lexington, Ky.

(More pictures on pages 8 and 9)
Go for great — don’t settle for ‘good enough’

Is doing good, good enough?

Good, after all, is better than average. We tell our kids to be good, to do well in school. The adult version carries over into our lives. We want to measure up personally and professionally by doing well. There’s nothing wrong with that notion.

But how often do we let doing what is acceptable or good enough get in the way of doing something great? How often does choosing what is quick and easy keep us from exceeding expectations?

A complimentary piece of candy at the bottom of a sack of fast food got this train of thought rolling. What was once quarter-sized now has more in common with a dime. You just don’t get as much bang for your buck these days – at least at the franchise where this piece of candy was offered.

Somewhere along the way, the company supplying the peppermints figured they could make more money by reducing the size of their product and selling it at the same price. Or perhaps the restaurant wanted to pay less, so it began offering small pieces of candy. Whatever the case, it translates to less value for the consumer. The candy is good enough since it’s free, but not particularly great.

We all recognize something in the effort is lacking, compared to what was once offered.

Jim Collins’ best-seller Good to Great: Why Some Companies Make the Leap … and Others Don’t opens with this first sentence: “Good is the enemy of great.”

He continues, “And that is one of the reasons that we have so little that becomes great. We don’t have great schools, principally because we have good schools. We don’t have great government, principally because we have good government. Few people attain great lives, precisely because it is easy to settle for a good life. The vast majority of companies never become great precisely because they become quite good – and that is their main problem.”

Of course, we shouldn’t let the promise of great stop us from doing things that are good but, we shouldn’t settle for less than our full potential.

We’re all guilty of completing tasks – at work and home – that pass for good enough. Certainly, we recognize service that passes for good enough in restaurants or the local mechanic’s shop. When we’re on the receiving end, like with the smaller piece of peppermint, we see missed potential and maybe feel a little cheated.

But what about when we’re on the delivering end of good enough? Think about it – and the next time you rush through a job and think to yourself, “that’s good enough,” consider how you feel when you’re on the receiving end.

Don’t settle for a good life or a good working environment. Focus on making both great.

Department Briefs

ADC Warden Randy Watson of the Benton Unit recently took part in a training conference in Norman, Oklahoma. The National Institute of Corrections and the Federal Bureau of Prisons sponsored the conference July 11-14.

Watson, along with 25 other wardens from across the United States, attended the 36-hour session that covered budget strategies, labor and media relations, and institutional culture.

The wardens also took the opportunity to share other topics such as overcrowding, institutional closings, staff layoffs and union issues that affected their particular regions.

The conference was designed to sharpen the skills necessary in the operation of a correctional facility.

“IT’S A BOY!” Congratulations to Jada and Jonathan Lawrence as they welcome their new son to the ADC family! Carson Lawrence was born at 7:14 p.m. on July 21 and weighed 7.9 lbs. and measured 21 inches.
2011 BCOT Class G Graduates

Class 2011-G, Graduated 07/01/2011


ATTENTION
Back-to-School Shoppers!

2011 Arkansas Sales Tax Holiday

In this economy, every dollar counts. The pain will be eased a little from 12:01 a.m. Saturday, Aug. 6, to 11:59 p.m. Sunday, Aug. 7, when NO state or local sales taxes will be collected on the sale of: 1. Clothing or footwear if sales prices are less than $100 per item. 2. Clothing accessories and equipment if sales prices are less than $50 per item. 3. School supplies. 4. School art supplies. 5. School instructional materials. For more information, contact the Arkansas Sales Tax Department at (501) 682-7104.

More Department Briefs

The Central Office Employees Association recently passed the torch of leadership to a new set of officers for 2011-2012. The new officers are from left, Bill Watson, Vice President; Shirley Lowe, President, Daisha Holcomb, Secretary, and Bobby G. Smith, Treasurer. Along with their duties concerning COEA, the new officers are currently overseeing the construction of a walking trail at Central Office.

“Our committee wishes to object to the unfair use of the word DOG in your advertising.”
Great food and fellowship were the hallmarks of the Annual Warden’s Prayer Breakfast held on June 30 at the Fallis Building in Pine Bluff's Regional Park.

ADC wardens and management staff visited and enjoyed breakfast catered by the Country Kitchen before the inspirational program began.

The entertainment was provided by “The Red Shirts,” the chaplain chorus, who led the crowd in some traditional gospel hymns. Central Office’s Chaplain Wheeler stole the show with his adapted version of the Eagles hit “Peaceful, Easy Feeling.”

This year’s guest speaker was Deputy Warden Fred Campbell of the Ouachita River Unit, who shared personal testimony and a story of holocaust survivor Corey Ten-Boom’s personal philosophy behind the statement “thank God for the fleas.”

While recognizing the ADC wardens, the event was also a testimony to the chaplains whose hard work and dedication make their individual units shine just a bit brighter.
ADC Internet/Intranet sites take on new look

Technology continues to advance and improve the way people communicate and conduct business — and so is the Department of Correction.

ADC’s website and intranet site, Spotlight, both have new looks. On June 16, the website www.adc.arkansas.gov officially launched its new look and features. Improved access tabs and updated information will make it easier for the general public to gain access to news, employment listings, and inmate services.

Assistant Director Dina Tyler said the new site is “more visually appealing and easier to navigate. This will prove to be a tremendous resource for the public.”

One of the additions to the site is the “News” tab, which will feature news releases, photos and videos posted by the agency. The site will be a work in progress as additions and updates continue to be made on a regular basis.

The ADC’s Intranet site Spotlight, which is used primarily within the department for employees, has updated its look and capabilities. A new search engine will allow easier access to policies, administrative directives, regulations and publications such as the Guide for Family and Friends and The Advocate.

The new designs and additions will aid employees on Spotlight and the website will be a tool for both employees and the public as they seek information.

ADC to host WWICJJ National Conference in 2012

The Arkansas Department of Correction will host the national conference for Women Working in Corrections and Juvenile Justice at the Doubletree Hotel in Little Rock September 16-19, 2012.

Conference co-chairs for the event will be ADC Deputy Director Sheila Sharp and Department of Community Correction Chief Deputy Director Veter Howard.

Committee chairs for the conference include: Finance — Sheila Sharp and Ann Geddings (DCC); Program — Deputy Director Wendy Kelley (ADC) and Dr. Mary Parker (Board of Corrections); Publications — Assistant Director Dina Tyler (ADC); On-Site Logistics—Human Resources Administrator Staci Lenderman (ADC); IT — IT Administrator Rhonda Westerman; Tours — Veter Howard and Ann Geddings (DCC); Exhibitors — Deputy Warden Toni Bradley (ADC); Registration — Assistant to the Director Jada Lawrence (ADC); Entertainment — Communications Administrator Shea Wilson (ADC); Fundraising — Medical Grievance Assistant Sherri Williams and Jada Lawrence (ADC), and Evaluation — Rhonda Westerman (ADC).

The conference’s newly designed logo was created by Assistant Director for Public Services Dina Tyler.

More details on the conference plans will be available soon.
Smoking. It has been as much a part of human history and culture as any icon, religion, or practice. From ancient times to present, the smoking of herbs and tobaccos have been an accepted custom of kings and common man. As a society, we have long associated smoking with prestige, sophistication and even sexiness.

A movement began in the early 1960s to increase public awareness of the dangers and health issues associated with cigarette smoking. The results of this eliminated cigarette ads from magazines, television and radio.

In the 1980s, the U.S. Surgeon General required official health warnings be placed on all tobacco products — not just cigarettes — to provide consumers with information regarding the possible health issues of smoking.

In the 1990s, the federal government began banning smoking in all government and state buildings, also establishing the now common “Designated Smoking Areas.”

Most recently, the Arkansas Legislature passed a law that prohibits smoking in motor vehicles where there are passengers under the age of 14 to prevent second-hand smoke exposure to children. Restaurants, clubs and public transportation services have also adopted no-smoking policies, much to the annoyance of those who still choose to smoke. So why do individuals still choose to smoke in spite of the changing laws and health warnings?

One good reason is that for many, quitting can be a very difficult process. The addictive element in tobacco is nicotine, which when consumed can boost metabolism — allowing the body to burn more calories and increase heart rates by as much as 10 to 20 beats per minute.

Many choose not to quit for fear of weight gain — which in many cases can be between 4 to 10 pounds. But the increased stress on the heart often leads to heart disease and the added congestion in the lungs can lead to conditions such as emphysema and lung cancer. Recent studies have also revealed the detrimental effects of smoking during pregnancy which can lead to many birth defects such as skull damage, cleft palates and limb disorders. In the U.S., there are reports of 20% of pregnant teens who smoke last year alone.

Quitting can be a serious and difficult process for many. But if you do decide to quit, there are ways to do so that can help ease the first difficult days. 90% of people who try to quit do so without outside help. However, only 10% actually succeed on the first try. So don’t be discouraged if at first you don’t succeed — try again.

First, try to recognize the “triggers” for smoking; ash trays, cartons of cigarettes, stress, etc. By avoiding these triggers and situations that promote your urge to smoke will help. There are combination programs that use support therapy and medications such as nicotine replacements.

Use what works best for you, but don’t feel weak if you cannot resist the urge to light-up. Remember, a lapse doesn’t mean a collapse and you can always try again. Remember, you don’t have to do this alone.

The first days and weeks will be the toughest — but stay focused on the reasons for quitting; improved health, longer life, etc. Find new things to do with your hands. Use replacements for your cigarette such as candies or healthy snacks. Develop an exercise plan to increase your metabolism and enjoy the renewed energy your body is receiving. Recognize the immediate effects of quitting such as better breathing, an increase in the taste of food and also the money saved from not purchasing tobacco products!

Quitting smoking isn’t easy. But if you are serious about kicking the habit, there are programs and support groups who will help you. Go to www.smokefree.gov or www.stopsmoking.net for information about plans and groups. Also visit the American Lung Association at www.lungusa.org for additional information about lung health and other tips on how to stop smoking. It’s your life and your health — so get the information and get started to a better and healthier tomorrow!
Company’s comin’… Members of the National Association of Institutional Agribusiness will soon descend upon the Clarion Resort in Hot Springs for the 2011 National Convention September 17-20.

Formed in 1951, the NAIA represents professionals affiliated with the American Correctional Association and other various prison farm programs across the United States. Its current members represent 42 states, the federal prison system, the District of Columbia, the United Kingdom, Belize and Canada. Many are expected to attend this important meeting.

Visitors will be treated to tours of the Wrightsville, Cummins and Varner farms, as well as attend seminars hosted by ADC management. Workshops will cover such topics as crop marketing, finance and procurement.

While visiting the ADC units, visitors will get a close look at the ADC operations in vegetable and meat processing, livestock, horse breeding and crop rotation methods. Tours of Hot Springs and Little Rock will also be available to visitors and their families. For more information, go to www.naiaweb.com.

An early crop of corn begins to rise above the horizon of the Cummins Farm, as an inmate operates one of many reclaimed and refitted tractors used by the ADC.

Dry those tears, junior! If you’re not getting your copy of The Advocate, tell your unit supervisor. We will try to send as many copies as you need — or go online and read it on Spotlight or www.adc.arkansas.gov.
The Spotlight

One-stop source for training schedules

If you’re trying to find the latest training schedules for the Training Academy or Human Resources, you can find it on Spotlight.

Interested in an online e-learning course, but aren’t sure what’s available? You can find it on Spotlight.

When on your unit computer, click on the “Favorites” tab. Scroll down until you see “ADC Links’, then click. Look for the Spotlight heading — click and you’re there!

The latest and most up-to-date training schedules will be available under “in-service training”.

OPEN ENROLLMENT (Year round Classes)

- **Internet-Based e-Learning Classes.** *(for managers and supervisors only)*
  Classes provided by National Institute of Corrections
  Visit www.nicic.org. *You must get approval from your Unit Trainer before taking any e-learning classes.*

- **Open enrollment, Inter-Agency classes** are offered to all staff members in Little Rock. They vary in length.

- **Classes** are also offered through the **Criminal Justice Institute** in Little Rock.

  Your unit trainer has more information about Criminal Justice Institute, Inter-Agency, E-learning and other classes.

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Notable Quotables

“Often, when I am reading a book, I stop and thank my teacher. That is, I used to, until she got an unlisted number.”

Unknown Author
ASEA to hold 43rd annual convention in Hot Springs

The time for the 43rd Annual Arkansas State Employees Association conference is almost here. This year’s meeting will be at the Arlington Hotel and Spa in Hot Springs August 12-13, and it promises to be the best conference yet.

This year, ASEA members will pay no registration fee and those living outside of the Hot Springs area who travel to the conference will receive reimbursement for expenses. Plus, the Arlington has set a special price for those attending the conference.

Workshops this year will include life-saving techniques, insurance, and retirement tips. Another workshop will focus on being the best you can be in the workplace. Besides the workshops, this year’s conference will take on a Hollywood-based movie theme complete with trivia contests and more!

Dillard’s will be presenting a special business attire fashion show and there will be tours of local Hot Springs attractions. An awards banquet will be held Friday evening to honor state employees and the Outstanding State Employee of the Year! For more information, go to aseear.org or contact Ramona Green at 870-267-6301.

Don’t miss the deadline for special room rates.

Bill Watson’s scoop on Yarnell’s ice cream

I was standing next to Grant Harris when he got the news from his cell phone: “Yarnell’s Ice Cream just shut their doors.” It hit us with all the surprise of a sucker-punch to the middle — no more Yarnell’s Ice Cream! As the news quickly made it across the room at the Warden’s Prayer Breakfast, we all felt a strange sadness begin to overcome us. Part of our childhood was gone.

Many of my fondest summer memories include the image of a frosty container of creamy goodness with the familiar “Yarnell’s” logo at a cook-out or party. No matter what had been served before, everyone always made room for the ice cream. And of all the various brands that were available, everyone always seemed to choose Yarnell’s.

But what was so special about ice cream, anyway? All of us have celebrated birthdays and special occasions with cake and ice cream. Some of us drowned our sorrows over a dish or even an entire container of the stuff. Face it, ice cream is the top of the comfort food chain. It always has the power to turn any moment into a fond memory.

Yarnell’s however, was special. First, it was made right here at home in Searcy, Arkansas. It was part of us and had been for more than 70 years. Plus, it had the distinction of introducing Arkansans to unique flavors such as “Woo Pig Chewy” — something that only a Razorback fan could truly appreciate. And it would be difficult to find any outdoor event that wasn’t sponsored by Yarnell’s, whether it was baseball, football, or the enormous RiverFest. Yarnell’s was always there to make things sweeter.

Unfortunately, competition in today’s market made it difficult for the little company to keep up. Mass production and saturation advertising took its toll, along with the troubled economy until finally, Yarnell’s had to shut down production.
Your construction crew is asked to renovate and refit an old inmate barracks. You're told that you need to do it quickly and stay within an already tight budget. Most bosses would begin to break a sweat before lifting a single hammer.

ADC crews, working under the guidance of Assistant Director Leon Starks, never sweat the small stuff. As one demolition finishes, materials are reclaimed, put on pallets, stored, then re-used on other projects. Nothing goes to waste, except for old lavatory fixtures. This saves both time and money.

Bricks, conduit, copper and lumber are recycled into new building fixtures such as the barracks located at the old State Police Headquarters in Little Rock. When complete, the crews will move on to the next project — with ample building materials.
The Arkansas prison farms at Cummins and Varner were the feature story in the latest issue of the Arkansas Farm Bureau’s *Front Porch* magazine. The article, written by Farm Bureau reporter Chris Wilson, highlighted the agricultural programs at the ADC accompanied by photos taken by Farm Bureau photographer Keith Sutton. The two men took a tour of both Cummins and Varner facilities to observe firsthand the food, dairy and meat production methods that are required to feed the inmate populations of the Department of Correction.

Every aspect was covered from the inmates working the hoe-squads in the fields, cattle branding, poultry and egg production, to meat preparation and vegetable processing. The article also featured recipes used to feed approximately 2,000 inmates at a time, as well as comments from the inmates and staff. Readers will discover in the article how self-sustaining the program is for the ADC, producing approximately $6 million a year in fresh food. Surplus products are sold on the open market, with profits returned to the ADC to fund operations.

While every inmate has a job to do, the farm industry operates on a simple concept: “In Arkansas, if you come to prison and you want to eat supper, then you have to work.” While the average farm in Arkansas is approximately 281 acres, the Cummins farm is over 17,500 acres. Other units have various sizes of acreage; Tucker and East Arkansas-7,000 acres between the two and 5,000 acres of pasture for cattle and horses located at Wrightsville. The North Central Unit at Calico Rock has an apple orchard, and other units have pecan groves and smaller vegetable gardens that range from one to 100 acres each.

As inmate workers progress from the hoe-squads, they can receive vocational training in areas such as animal husbandry, poultry and meat processing, as well as vegetable and dairy processing. While these work skills are important, the bottom line is providing three meals a day to the 16,000 inmates and 2,500 officers that are in the ADC on any particular day. The old saying “You reap what you sow” proves true for the units who profit from the hard work that is necessary to operate and manage a farm of this magnitude.

Wood to have article published in upcoming Law Journal

Dr. Mike Wood, ADC psychologist supervisor, will have an article he co-authored published in an upcoming issue of “Law and Human Behavior.”

“Online Solicitation Offenders Are Different From Child Pornography Offenders and Lower Risk Contact Sexual Offenders” will appear in Law and Human Behavior, a prestigious academic journal.

Wood wrote the article with Dr. Michael Seto of Canada, who is a leading international authority on internet offenders. Sex Offender Screening & Risk Assessment Administrator Sheri Flynn helped with the research for the article, which has been ongoing for the past five years.

The research focused on the SOSRA population (registered offenders in Arkansas). There have not been many studies on Internet offenders and the research by Wood and Flynn is among the few to incorporate polygraph to assess for undetected offending. Journal editors called their research “a timely and important issue” and said “it had the potential to make an important contribution to the literature (knowledge base in the field).”
“Happy Trails …” The folks over at Central Office enjoy stretching their legs. Well, thanks to the combined efforts of the Central Office Employees Association, the ADC Management Team and the guys over at Construction, stretching those legs will be much more pleasant on the new walking trail currently under construction.

Funds for the project were provided by the COEA members, who say the trail will feature foot-bridges and eventually benches and tables. Efforts will soon be underway to name the trail along with a ribbon-cutting ceremony to officially open it to the many visitors of Central Office and employees of the ADC. Special thanks go to ADC Director Ray Hobbs and the Management Team for their support in making this dream a reality.

Arkansas State Police Troop School drops in on Ouachita River Unit

It isn’t every day that someone parks a helicopter on your front lawn! However, that’s exactly what happened in May as nearly 30 members of the Arkansas State Police Troop School decided to drop by the ADC’s Ouachita River facility for a tour of the unit along with some needed training.

Along with learning about the Department of Correction, these new officers also received weapons training and certification at the ADC Training Academy and on the firing ranges available near the Wrightsville Unit.

While visits like this aren’t unusual, the training and experience of seeing a correctional facility up close will prove to be a valuable resource for these future officers as they embark upon careers in law enforcement.

The New Blues

by Bill Watson
## Promotions

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<th>Position</th>
<th>Unit</th>
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<tr>
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<td>Michael Allen</td>
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<td>Antionette Cunningham</td>
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<td>Rodger Wilson</td>
<td>Captain</td>
<td>Cummins</td>
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<td>06/27/11</td>
<td>Deborah Sherrill</td>
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<tr>
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<td>Floria Washington</td>
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## New Hires

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<td>Gary Reynolds</td>
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<td>Sheryl Lee</td>
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<td>Karla Taggart</td>
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<td>Donna Bost</td>
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<td>Ouachita River</td>
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<td>Evevictoria Parham</td>
<td>Substance Abuse Program Leader</td>
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<td>Marilyn Cook</td>
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<td>Kimberly Johnson</td>
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<td>07/18/11</td>
<td>Ashley Prather</td>
<td>Commissary Manager</td>
<td>Randall L Williams</td>
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The *ADC Advocate* newsletter is published monthly by the Public Information Office for employees of the Arkansas Department of Correction. The publication strives to enhance communication and provide information on the development and achievements of this agency.

All employees are encouraged to submit articles, comments, ideas, letters and questions. The deadline for submission is tentatively set for the 15th of each month for inclusion in that month’s publication.

Please be aware that all submitted items will be subject to editing. However, every effort will be made to maintain the writer’s essential meaning.

In addition, statements contained in the *ADC Advocate* are the personal views of the authors and do not necessarily represent the opinion or policies of the Arkansas Department of Correction.

The *ADC Advocate* is printed by the Arkansas Correctional Industries.