Runners emerge from dense fog for 23rd Red Ribbon Run

The 23rd annual Red Ribbon 5K Walk/Run attracted more than 200 entries on Oct 13. The walk/run began and ended near the Jefferson Regional Medical Center Wellness Center in Pine Bluff.

Sponsored by the Arkansas Department of Correction, the race traditionally kicks-off Jefferson County’s Red Ribbon Week, an anti-drug campaign aimed at young people. Proceeds from the event support scholarships for graduating high school seniors. This year’s event raised $3,180 for scholarships, said Assistant Director Grant Harris, who serves as chairman of the Red Ribbon Committee.

Administrative Assistant III Shirley Lowe, who helps Harris with the event, will present scholarships to area students at the end of the school year.

The top three male winners were: Joey Gieringer, guest; Tommy Bush, guest and Lee Smith, EARU. The top three female winners were: Emma Buckner, guest; Cyumber Gieringer, guest and Kathryn Berry, guest.

The Varner Unit was the winning unit for the most participation.
Put being thankful into practice all year long

Later this month, we will gather with family and friends to eat good food, watch football and relax. Some may spend part of the day planning for those Black Friday sales. After all, Christmas is right around the corner.

But, let’s carve the Thanksgiving turkey first – and be thankful for it.

The first Thanksgiving was celebrated more than 300 years ago after a successful harvest. The Pilgrims were thankful for surviving a long and brutal New England winter, and for having enough food to feed their families. Most of us don’t have those types of worries today. That allows us to concentrate on the game and where we’re going to shop.

On Thanksgiving, there is a heightened focus on gratitude for things we’ve received – our blessings. We gather around the table or a bunch of TV trays and give thanks for what we’ve got and those who helped us get it. But, what about the rest of the year? Are we grateful on a daily basis?

Gratitude or being thankful should be part of our daily lives, not just something reserved for special occasions, like the day of Thanksgiving. I like how Oprah Winfrey puts it: “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

And it’s true. The more grateful we are, the more our lives will be blessed. Having the right mindset and attitude can definitely offer clarity on things that matter the most. Daneen Skube, a columnist for Tribune Media Service, wrote a column earlier this year about gratitude being the best workplace power tool. Here’s what she had to say:

“Believe me, no one in your workplace ever goes home and complains about how they had too much appreciation that day at work. When a co-worker, customer, or even your boss goes out of their way to help you, let them know you appreciate it. “People sometimes talk about having an ‘attitude of gratitude’ because it sounds snappy and rhymes. Beyond a popular phrase, it is an uncommon perspective, especially in the workplace. If you can cultivate and practice the art of appreciating what people do for you, they’ll be more motivated to help you in the future.”

She closed by saying that no one gets ahead without “a network that is invested in seeing you succeed. Learn to put gratitude into the banks of those who invest in you, and watch the dividends of success roll in.”

It makes perfect sense. Be grateful – sincerely grateful – to those who help you, wherever that help may be. Friends and family deserve thanks as much as co-workers.

Happy Thanksgiving! After you carve those turkeys and watch the game, put being thankful into practice all year.

Jenson wins award for essay on ADC’s use of eCADEMY

Amanda Jensen, accreditation specialist at the Maximum Security Unit, recently received recognition for an essay she wrote on ADC’s use of the eCADEMY program.

Jensen attended the Essential Learning 6th Annual User Conference in Orlando in September, where she was the grand prize winner for “Dazzling Creativity.” The essay outlined the ways ADC uses eCADEMY to increase training hours and save money by reducing over-time and travel expenses. Before her new job at the Max, Jensen was the primary administrator of eCADEMY.

While working with eCADEMY, Jensen visited ADC prisons and provided group and one-on-one training to get people comfortable with online learning. She made weekly reports to generate competition among wardens to see who could get the most training hours at their units.

Also, Jensen was invited to participate in a panel discussion on how to get staff involved in online training.
Red Ribbon T-Shirt Design Contest winners were Bill Watson, first; Linda Hill, second, Cummins, and Starla Richardson, third, McPherson.
By FAMILY FEATURES

Age is just a number, according to the old adage. Whether you are turning 20 or 60, it is your inner age and how young you feel that really counts. This is even more true when you create everyday healthy habits that help you feel younger.

“Living a healthy life starts from the inside,” says Bonnie Taub-Dix, registered dietitian and national CocoaVia supplement spokesperson. “We don’t often think about it, but the health of your circulatory system is essential for a healthy life – it should be important to everyone and taken care of as you would any other part of your body. This is key to healthy aging.”

Your circulatory system impacts many facets of your health and the way you look and feel. In fact, explains Taub-Dix, heart, brain and eye health – even exercise performance – depend on a healthy circulatory system. But as you age, your blood vessels may become less flexible and less able to expand when needed to keep circulation running smoothly. “Cocoa flavanols are scientifically proven to help support healthy circulation by helping your blood vessels stay flexible and expand as needed, even as you age,” says Taub-Dix. “With daily intake, cocoa flavanols – such as the 250 mg found in the CocoaVia Cocoa Extract Supplement – help oxygen and nutrients reach your organs and tissues, so you look and feel your best today and every day.”

To help keep your circulatory system healthy, Taub-Dix has found a number of ways to help you be your inner best, including:

Start your day on a healthy note. When you wake in the morning, set a healthy tone for the rest of your day and begin with a wholesome breakfast, such as almond butter mixed in oatmeal with a fruit smoothie or a yogurt parfait to make sure you’re nourishing your body with exactly what it needs. Add even more health benefits by stirring a package of 30-calorie unsweetened or sweetened Dark Chocolate flavored CocoaVia supplement in the oatmeal, smoothie, yogurt, or even your glass of milk or cup of coffee. With 250 mg of cocoa flavanols, it’s an easy way to have a delicious breakfast and support your cardiovascular health by supporting healthy circulation.

Fit exercise into your day. According to the Mayo Clinic, taking daily walks is a great way to get your blood flowing, but speak with your doctor about the level of activity best suited for you. When possible, avoid sitting for long periods of time. If you work in an office, make sure to fit in small walks throughout the day – even if that means taking a short 15 to 20 minute walk during your lunch break. Try to get up and move around every half hour or so.

Stay hydrated. Hydration is important for many reasons, but if you’re looking to stick to your goal of exercising daily, you want to make sure your body is properly hydrated. If you’re a soda drinker, consider switching to flavorful options that offer health benefits. For example, add a 20-calorie fruit-flavored CocoaVia packet to your water bottle or iced tea. With two refreshing flavor choices – Summer Citrus and Cran-Raspberry – it’s a flavorful way to stay hydrated while helping support healthy circulation.

To learn more, follow CocoaVia on Twitter at @CocoaVia, like CocoaVia on Facebook or visit www.CocoaVia.com for more information.

(Courtesy of Family Features)
ADC employees had the opportunity Oct. 4 to purchase surplus sweet potatoes from the Agriculture Division at Admin East, Central Office and the Cummins Hot House. Potatoes were sold for $5 a bag (roughly 65-80 pound bags) with a two-bag limit per employee.

The Advocate is celebrating the successful harvest by offering some seasonal sweet potato recipes.

**Sweet Potato Bread**

3 cups sugar  
1/2 cup vegetable oil  
1/2 cup butter, melted  
4 eggs  
3 1/2 cups sifted flour  
1/2 tsp. baking soda  
1 tsp. cinnamon  
1 tsp. nutmeg  
2/3 cup water  
2 cups cooked sweet potatoes  
1 cup chopped walnuts or pecans (optional)  

Preheat oven to 350°F.  
In the bowl of an electric mixer, combine eggs, oil, and melted butter. Beat for 45 seconds. Add eggs, one at a time, beating well after each addition.  
Whisk together dry ingredients and add to egg mixture, alternating with water. Stir in sweet potatoes, vanilla and chopped nuts, if using.  
Transfer batter into 3 buttered and floured loaf pans.  
Bake at 350°F for about 60 minutes or until done.  
Yield: 3 loaves.  
Loaves may be wrapped tightly and frozen for up to 2 months.

**Bourbon Candied Sweet Potatoes**

8 large sweet potatoes  
1/4 cup Karo syrup (dark)  
1/4 cup honey or agave syrup  
1/4 cup brown sugar  
2 tbsp. maple syrup  
2 tbsp. molasses  
1 1/4 cups sugar  
4 eggs, beaten  
1 teaspoon vanilla  
1 teaspoon dark rum (optional)  
1 teaspoon freshly squeezed lemon juice  
1/2 teaspoon nutmeg  
1 teaspoon cinnamon  
pinch of salt  
2 1/2 cups milk  
1 stick butter  
1 cup flaked coconut (optional)  

Wash and peel potatoes and boil until tender in salted water. Mash with butter while still hot. Stir in sugar, vanilla, lemon and seasonings.  
Beat eggs well and combine with milk. If using coconut, add to milk. Slowly add milk to sweet potatoes, stirring until well mixed.  
Butter a casserole dish and transfer potato mixture, spreading evenly. Dot the top with an extra tablespoon of butter, if desired.  
Bake at 400°F until firm and lightly browned.

**Scalloped Sweet Potatoes**

3 cups sweet potatoes, mashed  
8 cups half and half  
4 tablespoons flour  
1 1/2 cups sugar  
4 eggs, beaten  
1 cup heavy cream  
1 cup sour cream  
1/2 cup butter  
1 1/2 teaspoons vanilla  
2 teaspoons cinnamon  
2 teaspoons nutmeg  
Pinch of cayenne  
Pinch of salt  
1/4 teaspoon ground nutmeg  
Pinch of ground cloves

Wash and peel potatoes and boil until tender in salted water. Mash with butter while still hot. Stir in sugar, vanilla, and seasonings.  
Beat eggs well and combine with milk and cream. Slowly add milk mixture to potatoes, stirring until well mixed.  
Butter a baking dish and transfer potato mixture, spreading evenly. Dot the top with an extra tablespoon of butter, if desired.  
Bake at 400°F until firm and lightly browned.

**Roasted Spiced Sweet Potatoes**

1/4 to 1/2 teaspoon dried hot red pepper flakes (the latter will make them quite spicy, so use according to your preferences)  
1 teaspoon kosher salt  
2 pounds medium sweet potatoes  
3 tablespoons vegetable oil

Preheat oven to 425°F. Coarsely grind coriander, fennel, oregano, and red pepper flakes in an electric coffee/spice grinder or with a mortar and pestle. Stir together spices and salt.  
Cut potatoes lengthwise into 1-inch wedges. Toss wedges with oil and spices in a large roasting pan and roast in middle of oven 20 minutes. Turn wedges over with a spatula and roast until tender and slightly golden, 15 to 20 minutes more. Makes 4 to 6 servings.
ORCU implements adapted exercise program for inmates

The Ouachita River Correctional Unit began the Adapted Exercise Program on Aug. 21 to help expand exercise opportunities for inmates using wheelchairs and walkers. This new program will benefit aging inmates and those whose physical conditions prevent normal routines of muscle strengthening (those who have lost the use of limbs or have had limbs amputated, stroke victims or those who have suffered other injuries).

AEP focuses on therapeutic exercises as preventative therapy. A record is kept of each inmate and is updated to determine their needs, so goals can be set and accomplished. AEP operates for at least one hour Monday-Friday in the gym areas near the Special Needs Unit and incorporates a variety of exercises and recreational activities. Days also are set aside for personal exercise.

The inmates are enjoying the program and have commented that they are motivated and excited about the new opportunity.

“The inmates are enjoying the program immensely,” said Debbie Harp, ORCU recreation supervisor. “Many comments have been made including that the program is bringing hope, motivating, unique, beneficial, greatest thing to happen and excited. Many thanks to the administration for allowing this program.”

More than 50 inmates are participating in the program. The AEP staff includes Coaches D. Harp, J. Gray and A. Polk.

ADC K9 officer earns certification at ALETA

Sgt. Michael Richardson of ADC’s K9 Unit recently completed training and became certified as a police officer.

Richardson completed the 12-week course on Sept. 28 at the Arkansas Law Enforcement Training Academy in East Camden. The course, which started July 8, included instruction in standard police tactics, firearms, legal, technical skills, practical exercises and education in state and federal laws. In each course emphasis is placed upon officers achieving excellence in both academic subjects and firearm training. An officer must maintain a minimum of 70% on each weekly examination, and consistently fire at least 80% during firearms training exercises to successfully complete all phases of the course.

Richardson has a bachelor’s degree in information technology/network security and is currently obtaining an associate’s degree in criminal justice. He joined ADC in March 2009 with the Cummins Unit as a correctional officer. He was promoted to sergeant in June 2010 and transferred to the K9 Narcotic Interdiction Unit in May 2012.

He is married to Tanya Richardson, who is also employed by ADC, and has two boys, Blake and Trevor, who are currently attending colleges.

Computer-based GED exam a success at Pine Bluff Unit

The Pine Bluff Unit became the fifth correctional facility in the U.S. on Oct. 4 to successfully deliver a GED test via the computer, said Dubs Byers, Arkansas Correctional School superintendent.

“The inmate who took the test was Travis Warren,” Byers said. “He scored 660 on the social studies test, which is in the 95th percentile.”

Warren was a test case for the delivery of the GED test on computer.

“With this milestone, we will begin the process of transitioning from paper and pencil tests to computer-based testing, which will take two to three months.”
Cummins recognizes staff during 2012 Service Awards

The Cummins Unit hosted its annual service awards program on Oct. 5 at the training center. Meritorious Awards were presented to Correctional Officer of the Year Mary Allen; Correctional Officer Supervisor of the Year Merlin Fitzpatrick; Employee of the Year Tanya Richardson and Supervisor/Administrator of the Year Gleenover Knight.

The Arkansas State Police and ADC hosted a skills exhibition on Oct. 11 at the Wrightsville Complex for state legislators and other guests.

ASP Col. Stan Witt and ADC Director Ray Hobbs welcomed the crowd and headed to the firing range, where attendees had the opportunity to shoot various weapons.

The State Police offered demonstrations of their mobile command post, arson squad, bomb robot, helicopter, SWAT and Dodge Chargers, while ADC offered tours of Boot Camp and the Hawkins Center for Women. An explosives demonstration also was provided.

The program concluded with dinner provided by ADC and other tours of the prisons.
ADC’s Human Resources Benefits Division hosted the sixth annual Health Fair on Oct. 17 at Admin East.

Employees had the opportunity to get flu shots and participate in screenings for blood pressure, BMI, diabetes, cholesterol and hearing.

Lucy Cockrell, assistant human resources administrator, said more than 170 people participated in the fair.

“We had nine participating vendors, 172 participants, 42 hourly door prizes and two grand prize winners,” Cockrell said.

Jacqueline Reams of Wrightsville won the Moultrie Infrared Game Camera donated by Hunter’s Refuge and Heather Taylor of IT won the iPod Shuffle donated by College Savings Plan (529-Gift Plan).

Health Care Plus gave 65 flu shots, Cockrell said.

HR staff welcomed visitors with fruit, cereal bars, yogurt and juice provided by AACET and other vendors in the morning. Cookies, popcorn and drinks provided by AACET, Subway and other vendors were provided in the afternoon.

The fair ran from 9 a.m. to 3 p.m.

Drawings for door prizes were held hourly and prizes were provided by Curves, White Hall Fitness Center, AMECA, El Sol, Moore’s BBQ, Wood Shed BBQ, Keep Sakes Jewelry, Scallion’s Car Wash, Huddle House, Small’s Florist, Leon’s Catfish, The Lighthouse Restaurant, Wright’s Ranch House BBQ, Trotter Toyota, Woodland’s Pharmacy, El Parian, Wings to Go, Larry’s Pizza, Joy Dells, Harbor Oaks and Petal Shoppe.
Kat McEntire has been named ADC’s communications technician. McEntire will handle the agency’s newsletter and webmaster duties, among other assignments.

A lifelong resident of Jefferson County, she is a graduate of Pine Bluff High School and earned a bachelor’s degree from the University of Arkansas at Pine Bluff. One of those rare people who understands both letters and numbers, McEntire holds a degree in mathematics and is a graduate of the Institute of Children’s Literature. She has worked as a journalist, photographer, network controller, and a communications specialist dealing with public affairs. Her most recent job was as a communications specialist for a systems contractor at the Pine Bluff Arsenal, where among her many duties, she compiled the weekly newsletter. She received the Public Release Decisions Course Certificate from the Interagency Operation Security Support Staff and the National Cryptologic School.

Her hobbies are as varied as her experience. She is an avid runner, an experienced woodworker, and an animal enthusiast. On occasional brisk Saturday mornings, she can be found participating in shooting competitions. At the end of the day though, her favorite activity is spending time with her family.

Contact Kat at:

kathlyn.mcentire@arkansas.gov
870-267-6990

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**Red Ribbon Demonstration**

Testing time

Foest Witherspoon, left, disease intervention specialist, gives Terri Brown, inmate grievance coordinator, a tuberculosis skin test at Central Office.

**Reminder**

Deadline for Santa Central applications

**November 15**

Applications received after the deadline will not be accepted

Sent to Lucy Flemmons:
lucy.flemmons@arkansas.gov;
or fax, 870-267-6258
Remember to say ‘thank you’ to veterans

“A veteran is someone who, at one point in his life, wrote a blank check made payable to the United States of America, for an amount up to and including his life.”

Unknown author

The wife of a veteran submitted that quote to me many years ago and I referenced it often in editorials and columns I wrote during my newspaper career. I thought it was profound the first time I read it and it has never lost its impact. Every time I hear a report of a soldier being killed in the line of duty, I think about the “blank check” he or she wrote and the sacrifices all veterans have made in support of peace and freedom around the world.

Their sacrifice is a lot more than the risk of death, though that is the ultimate sacrifice. Those who serve in the U.S. Armed Forces are away from their families and homes for extended periods of time, often living and working in undesirable conditions. They miss out on the special times with their families – Thanksgiving, Christmas, birthdays, children’s sporting events, being there during illnesses and other tough times.

Those are the things they miss while they are gone, but what happens while they are away? Many servicemen and women sacrifice their physical and mental health. The things they see and endure change their lives forever. They suffer injuries and must deal with those injuries for the rest of their lives.

Unless you’ve raised your right hand and sworn to defend the Constitution of the United States against all enemies, foreign and domestic, you really don’t know what it means. Those who have lived in households with people who have taken that oath understand a little better than others. But, I think something we all can understand and respect, whether we have personal experience with veterans or not, is the commitment required of them and their families.

ADC is a large agency and employs a number of veterans – several hundred, the best I can gather. Those figures are held at the unit level and based on the responses I received for a count of veterans from the various facilities, we have many. I received counts from six prisons and three work release centers for a count of close to 200. That number would grow substantially if it included the remaining prisons, administrative offices and other work divisions of the agency. I appreciate those who indulged me because it provides a point of reference for the many ADC employees who have served their country.

Thank you. It’s important to take the time and remember the sacrifices of those who have put on a uniform of the U.S. Armed Forces. If you know a veteran, make sure you take the time to say those two important words — thank you.

Shea Wilson
Communications Administrator

“The Pilgrims made seven times more graves than huts. No Americans have been more impoverished than these who, nevertheless, set aside a day of thanksgiving.”

— H.U. Westermayer

CALENDAR OF EVENTS

November 2012

1 — All Saints’ Day
4 — Daylight Savings End
6 — Election Day
12 — Veteran’s Day
22 — Thanksgiving Day

December 2012

1 — World AIDS Day
8 — Hanukkah
21 — Winter Solstice

Special Events?
Unit Functions?
Announcements?
Conference Dates?

Send information to
The Advocate
kathlyn.mcentire@arkansas.gov
Distinguished Gentlemen seminar attracts almost 60 participants

ADC presented the annual Distinguished Gentlemen seminar on Oct. 12 at Legends Auditorium in Admin East.

Committee Chair Ardella Bearden said this year’s training program, which had the theme “The Man Behind the Mask,” attracted 59 participants.

The featured speaker was Gail Stith, education counselor at Southeast Arkansas College. The program also included Daisha Holcomb, mistress of ceremonies; Tim Yarbrough, UAPB Vesper Choir, National Anthem; Lt. Col. Jeffrey Foster, UAPB; James Lamb, Varner Unit; Dr. Renee Fallhowe, Corizon; Mark Chambers, ComPsych; Chaplain Dexter McDonnell and Latona McDonnell; and Ardella Bearden.

Committee members who assisted Bearden were Verna Arnold, Tanya Collins, Verna Brooks, Mary Jones, Candiss Caldwell, D’Carlos Johnson, Daisha Holcomb, Janie Shults, Sharon Foots and Gail Stith.

‘The Man Behind the Mask’ participants fill Legends Auditorium. The program provided eight training hours for those enrolled.

Around ADC

Retiring
Sgt. Michael Odom shows off the service awards he received upon his retirement from the Maximum Security Unit. He began his career as a COI on July 12, 1987, and retired on Sept. 29.

Varner and Varner SuperMax completed American Correctional Association audits on Oct. 12 with 100 percent on mandatory standards and 99.7 percent on non-mandatory standards.

Santa Central Holiday Food Drive

Finishing touches
The new entrance building and tower are complete at the Ouachita River Correctional Unit.

Donations needed
Please bring canned goods or non-perishable food items for the Santa Central Food Drive. These items will benefit those in need. Donations must be received by Nov. 15 in the designated location at your unit.

Boss’ Day
Mississippi County Work Release Center Supervisor Charles Stewart shows appreciation for the gift he received on Boss’ Day Oct. 16.
Long-time employees recognized for service to ADC

Clockwise from top left, ADC Director Ray Hobbs and management team members recognize Kay Howell, Beverly Vinyard, Carl Calloway, Steve Moring, Larry Montague and Larry Hicks for 30 years of service to the agency.
Training Academy recognizes
BCOT graduate with
Willis H. Sargent
Outstanding Student Award

Julian Whitiker of Varner, left, accepts the WHS Outstanding Student Award for Class 2012-O, from Training Academy Administrator Fred Campbell.

Training Academy Graduates
Class 2012-O, Oct. 26, 2012


Before and after:
New landscape welcomes at Pine Bluff Complex
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<tr>
<th>Date</th>
<th>Name</th>
<th>Position</th>
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<tr>
<td>9/30/2012</td>
<td>Neathia Cartwright</td>
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<td>Fredrick Guerra Jr.</td>
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### New Hires

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<td>Jacob Higginbotham</td>
<td>Agriculture Unit Supervisor I</td>
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<td>10/29/2012</td>
<td>Catherine Gage</td>
<td>Advisor</td>
<td>Mental Health/Ouachita</td>
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<td>10/29/2012</td>
<td>Georgia Hay</td>
<td>Unit Training Supervisor</td>
<td>Maximum Security</td>
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<td>Antoine Lewis</td>
<td>Recreational Activity Supervisor</td>
<td>Grimes</td>
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<td>Alexis Mead</td>
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<td>Mental Health/North Central</td>
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<td>Chad Parsons</td>
<td>Psychological Examiner</td>
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<td>Johnny Tooke</td>
<td>Computer Support Technician</td>
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<td>10/29/2012</td>
<td>Latosha Young</td>
<td>Food Preparation Supervisor</td>
<td>Benton</td>
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<tr>
<td>10/30/2012</td>
<td>Philip Watson</td>
<td>Food Preparation Supervisor</td>
<td>Varner</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.

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