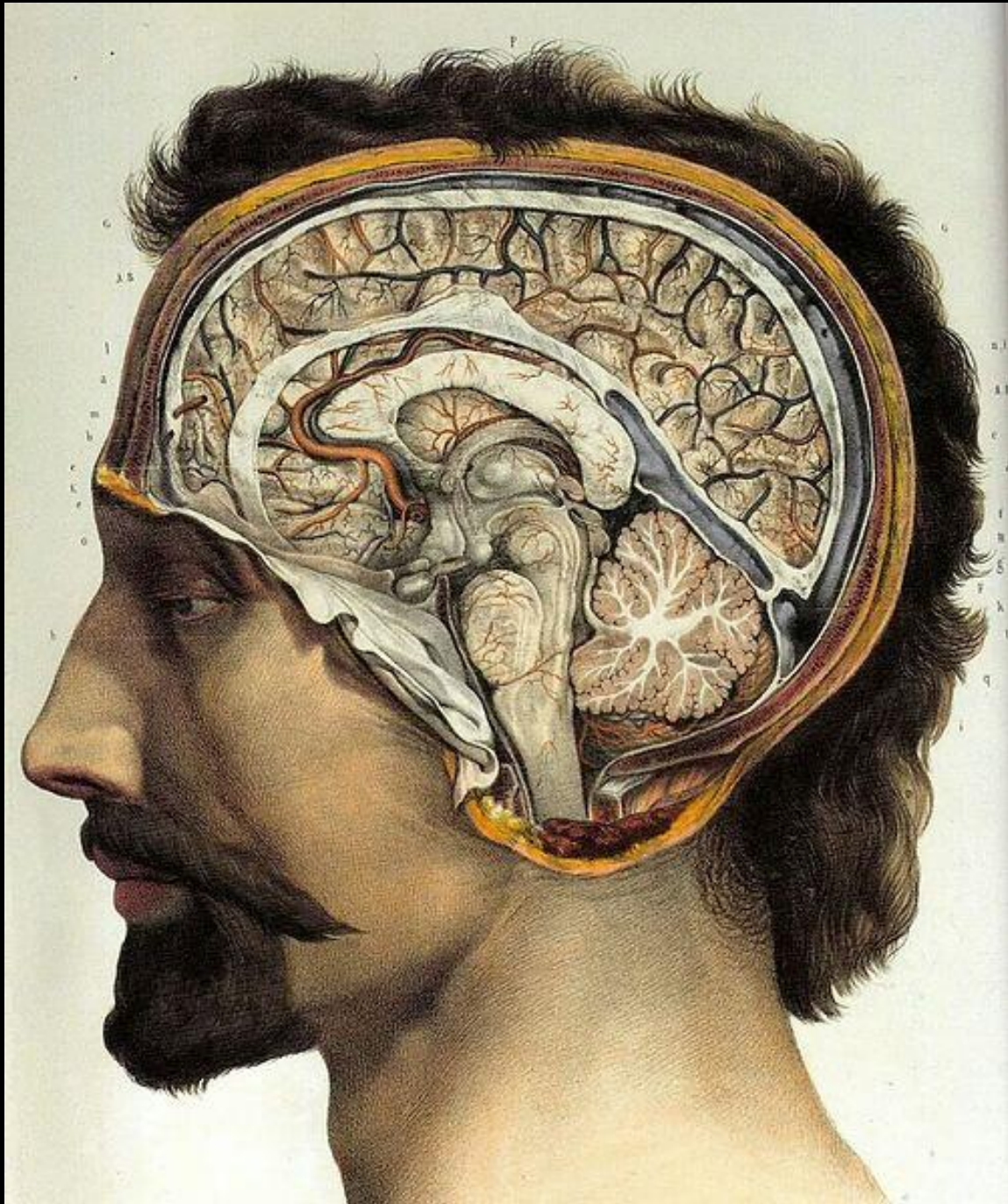


LEMON CREEK JOURNAL

TRAINING, NEWS & EVENTS FROM LEMON CREEK CORRECTIONAL CENTER

JUNEAU, ALASKA



April 1, 2018

Volume VII



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To our readers:

The Lemon Creek Journal is a quarterly publication of Lemon Creek Correctional Center, Juneau, Alaska. The Journal's mission is to provide cutting edge training to Lemon Creek personnel, to contribute to a healthy workplace community, and to open our institution to public view. So that we can be more responsive to our readers, please share with us your impressions and suggestions by emailing daryl.webster@alaska.gov.

Cover courtesy of File:Human brain.jpg. (2017, September 26). *Wikimedia Commons, the free media repository*. Retrieved 18:14, March 23, 2018 from https://commons.wikimedia.org/w/index.php?title=File:Human_brain.jpg&oldid=259867194.



A MESSAGE FROM THE SUPERINTENDENT

The Department of Corrections has always placed a high value on its relationships with other agencies, entities, businesses, and companies. Fostering positive relationships with federal, state, and community law enforcement, law offices, medical providers, treatment centers, and many others is paramount, if we are to succeed as a department operating within the State of Alaska.

In the last few months there has been an increase of compliments, shared with me, about the professionalism of the staff here at Lemon Creek Correctional Center. These compliments have come from the Department of Law, JPD, AST, and DOC Pretrial Services, by way of emails, telephone calls, and texts.

I have also had several calls from members of the public, expressing their gratitude for the helpful staff that assisted them with their requests and concerns involving their love ones, who are or were incarcerated.

I just want to take a moment to express my sincerest thanks to all of you for the pride shown, and the dedication displayed, in your daily interactions with those whom we communicate with on the outside.

Keep up the great work!

Stay safe,

Bob Cordle

If we allow routines and patterns to desensitize us to our surroundings, the results are, and always will be, an unrecognized false sense of security.



Employee Of The Quarter

Officer Sarah Jones

Officer Sarah Jones began her career with DOC in August of 2013. She has an established reputation as a team player and the kind of officer who is always there to help out with anything that needs to be done. Booking officer, SORT team member - - the toughest jobs are Sarah Jones jobs and she has carried out her responsibilities impeccably.

Officer Jones is an asset to her shift and to this institution and she is a pleasure to work with. We are proud to recognize Officer Jones as Employee of the Quarter.

2ND ANNUAL LEMON CREEK EASTER CELEBRATION



Photo by Bonnie Webster

On March 24th, we celebrated an early Easter at Skaters Cabin with the most important people in the world – our families, friends, and interagency colleagues, whose business is promoting justice and safeguarding the citizens of Southeast Alaska. On the edge of chilly Mendenhall Lake, our favorite glacier crouching in the background, we were joined this year by members and families of the Juneau Police Department and Capital City Fire/Rescue. Some 70 people attended, hunted for eggs, and scarfed hotdogs under the watchful eye of the Easter Bunny (thanks Rachael Coady). Thanks also to Sgt. Headings, Lt. Hoff, Chef Ed Irizarry, and all the other volunteers who made Year Two of this Lemon Creek annual celebration possible.

Mental Wellness

By Rachael Coady, M.S.W.

Most of us are familiar with the terms *mental illness*, *mental health* and *mental disorders*. We toss these terms around yet most of us are not clear about their meanings or relevance to our lives. Mental health issues are wide-spread and likely touch each of our lives in some way, shape, or form. It is estimated that about one in five Americans, or 18.5% of adults 18 years of age or older will experience a diagnosable mental disorder in any given year. This means it is likely that someone you know lives with a diagnosable mental disorder. Mental health problems are more common than heart disease, lung disease and cancer combined.

What exactly is a mental health disorder or mental health problem?

A **mental health disorder** or **mental illness** is a diagnosable illness that affects a person's thinking, emotional state, and behavior and may disrupt the person's ability to carry out daily activities and engage in satisfying personal relationships. There are numerous types of mental illnesses. Some are common such as anxiety disorders and depression, and some less common such as bipolar disorder and schizophrenia. A **mental health problem** is a broader term that includes both mental disorders as well as symptoms of disorders that may not be severe enough to warrant a clinical diagnosis. There are so many different types of mental health problems that it is impossible to touch on each of them right now. However, the four following types of disorders are highlighted because they are among the most common mental health problems experienced by inmates as well as people in our personal lives.



Anxiety Disorders— Anxiety disorders affect

approximately 18.1% of adults in the U.S. each year.¹ They are a group of disorders characterized by significant feelings of nervousness and irrational fears. These feelings may be so intense that they cause physical symptoms such as a racing heart and trembling body. An anxiety disorder is more intense and long lasting than normal day to day anxiety and may include a rush of panic, flashbacks, a sense of impending doom, trouble sleeping and concentrating, and difficulty controlling worry.

Major Depressive Disorder—Major depressive disorder affects approximately 6.8% of adults in the U.S. yearly.² This differs from occasional sadness or “the blues” in that it lasts over two weeks and significantly impacts a person's ability to work, carry out usual daily activities and have meaningful relationships. People who are experiencing depression might notice an unusually sad mood, loss of enjoyment and interest in activities that used to be enjoyable, lack of energy or feeling tired, have feelings of worthlessness or guilt, thinking about death or wishing to be dead, having difficulty concentrating or making decisions, and sleep irregularities.

Psychosis—Psychosis is a general term used to describe a mental health problem where a person has lost some contact with reality. A person might experience delusions, hallucinations, thinking difficulties and social withdrawal. Psychotic disorders are far less common than

¹ National Council for Behavioral Health. (2015). *Mental Health First Aid USA*. Washington D.C.

² National Council for Behavioral Health. (2015). *Mental Health First Aid USA*. Washington D.C.

other mental disorders, yet are often the stereotype of mental illness. Psychotic disorders can include schizophrenia, bipolar disorder, schizoaffective disorder or drug-induced psychosis. With some regularity we see people in A & O who display behaviors consistent with drug-induced psychosis. Psychotic disorders affect approximately 0.3-0.7% of adults in the U.S. each year.³

Substance Use Disorders—Substance use disorders are diagnosable mental health disorders and are a topic in and of themselves. 8.1% of adults in the U.S. each year are affected by a substance use disorder.⁴ A substance use disorder occurs when the use of alcohol or other drugs leads to work, school, home, health or legal problems. Substance use disorders are commonly seen co-occurring with other mental health disorders.

It is probably no surprise to any of us that jails and prisons see an incredibly high concentration of people experiencing mental health problems. A 2014 report of the Alaska Department of Corrections conducted by Hornby Zeller Associates showed that over a 4 year period (FY'09-FY'12), approximately 9,400 individuals entered or resided in an AK DOC facility who had a diagnosable mental illness. We are often dealing with inmates who have unrecognized or untreated mental disorders which can complicate the day to day flow of the institution and place greater demands upon staff. Knowing some basics about how to recognize possible mental health problems can be helpful in deescalating situations and contribute to safe and smooth shifts.

³ National Council for Behavioral Health. (2015). *Mental Health First Aid USA*. Washington D.C.

⁴ National Council for Behavioral Health. (2015). *Mental Health First Aid USA*. Washington D.C.

How do we help someone who might be experiencing a mental health disorder or problem?

Helpful responses might include:

- Assessing for risk of suicide or harm by asking directly if a person is having thoughts of suicide.
- Listen non-judgmentally—seek clarification, empathize, be patient, avoid interrupting.
- Treat the person with respect and dignity. Maintain comfortable eye contact and an open body position.
- Provide hope for recovery. People with mental health disorders can and do recover and live healthy and productive lives.
- Provide practical help, if possible.
- Encourage appropriate professional help, including putting in an RFI to mental health and/or seeking out local resources upon release.

Unhelpful responses to avoid:

- Suggesting to someone experiencing depression or anxiety to “snap out of it” or “get over it.”
- Sarcasm.
- Dismissing someone’s fears or other emotions as trivial.
- Arguing with or laughing at someone’s delusions or other symptoms of psychosis.

Mental Health First Aid:

In 2017 DOC committed to training the department in Mental Health First Aid. Just as CPR helps us assist an individual having a medical emergency, Mental Health First Aid helps us respond to someone experiencing a mental health or substance

use-related problem or crisis. Correctional Officers going through the next training academy will be trained in providing Mental Health First Aid and statewide training in institutions will begin this spring. Mental health problems are prevalent in

Corrections. It is important for us to be aware of how these common issues can affect our inmate population as well as others around us so as to improve safety and wellness for everyone.

Rachael Coady is a Licensed Clinical Social Worker and has a Masters of Social Work from Portland State University. She has worked for the AK Department of Corrections for over six years. Nearly five of those years she spent working in the institutional and community Sex Offender Management Programs before beginning her current position as a Mental Health Clinician at Lemon Creek Correctional Center.

What's It All About?

By Daryl Webster

Have you ever asked yourself that question? I'm not talking about the meaning of life, just what it means to work here at Lemon Creek Correctional Center. Our institution occupies a physical space in this little sub-universe of Southeast Alaska; a significant portion of the local populace either passes through our gates, knows someone who has done time there, or has been victimized by someone who is housed here and who will one day emerge...to do who-knows-what. This place and what we do here must mean something and to the degree that *something* is worthwhile or life-changing, or morally beneficial, then so are we for having worked here.

Mission, Vision, & Core Principles:

The character of an institution and the image it portrays to the world are functions of the mission, vision and core principles it adopts and lives by. An organization's **mission statement** describes its fundamental purpose, its reason for existing. Every organization has or should have a meaningful mission statement that helps to focus team members on what is the right thing to do for the benefit of others, and ultimately for their own moral benefit. Consider the following examples of corporate mission statements and their fundamental similarities:

- *Our mission: to inspire and nurture the human spirit – one person, one cup and one neighborhood at a time.* - - **Starbucks**
- *Apple is committed to bringing the best personal computing experience to students, educators, creative*

professionals and consumers around the world through its innovative hardware, software and Internet offerings. - - **Apple Computer**

Facebook's mission is to give people the power to share and make the world more open and connected. - - **Facebook**

Notice that all three of these mission statements are outward-looking and none of them emphasizes financial profit, even though profit and loss are legitimate, daily considerations for these businesses. Essentially, these mission statements express a belief that service to others is a fundamental human and corporate duty. What they imply is that these companies will prosper to the extent that they outperform their competitors in providing service to others. Shouldn't our sense of mission at Lemon Creek be similarly outward-oriented.

An organization's **vision statement** expresses a desired future, which the team strives to reach. It is what keeps the organization moving forward, instead of just treading water. Consider the Vision Statement of the Tulsa Police Department:

The Tulsa Police Department will be recognized as the national benchmark in innovative and professional policing.

While the Tulsa Police Department mission statement describes the department's reason for existing - - "protecting and serving," the department's vision statement describes where the agency seeks to be in the future - - the "...national benchmark in professional policing." Our vision at Lemon Creek should be similarly forward-looking.

An organization's **core principles** are fundamental truths about how the team expects

members to conduct themselves, which can be fairly complicated or as straightforward as “Honesty, Integrity, and the Golden Rule.” Whenever a new member joins an existing team, it is essential that the mission, vision, and core principles of that newcomer, the team, and the organization align. Every team member must adapt to the organization’s mission, vision, and core principles, though he may look upon his career as an opportunity to imprint his vision on the organization and team and refine its mission, as most future leaders do. By making the team’s mission our own and adopting its values and core principles, every team member shares responsibility for and has an impact on the character, productivity, and wellbeing of his team.

Your Challenge:

Alaska DOC’s mission statement reads as follows:

The Alaska Department of Corrections provides secure confinement, reformative programs, and a process of supervised community reintegration to enhance the safety of our communities.

We are trained professionals committed to a safe, open and respectful organization. We are dedicated to public safety and will always respect the rights and dignity of victims of crime. Offenders in our charge will be treated in a safe and humane manner, and will be expected to enhance their ability to reform every day.

Now, consider that our Department serves a geographic area the size of a substantial country, with a variety of climates, sub-cultures, languages, and population centers, some concentrated and others quite small and remote. Each institution within the Department of Corrections, though all guided by the same mission, is unique in its history, its operation, and its sub-culture. I challenge you, as members of the Lemon Creek team, to think about, talk about, and ultimately share with the Superintendent and with me how you would describe Lemon Creek’s institutional vision (where we seek to be in the future) and the core principles that our team should live by. Let me prime the pump by offering some of my impressions of Lemon Creek. I have worked in several criminal justice agencies in several states and I can tell you, with no exaggeration at all, that the collection of officers here is the most admirable team I have ever worked with. I can’t quite put my finger on why I feel that way. Descriptors that come to mind are decency, willingness to help others, attention to duty, and flexibility.

I am interested in your thoughts on our institutional vision and core principles and whatever we collectively come up with become the Vision Statement of Lemon Creek Correctional Center. So

Ready, Set, GO!

Security First

From the Training Sergeant

By Sergeant Bo Pierce

What follows is an officer safety alert that was issued by Intelligence Analyst Keith Aki (former LCCC employee before he went to the Academy). Think of it as a reminder that security-consciousness begins at home and continues at work. Officer Aki discusses steps we can take and helpful things to discuss with our families. Please don't forget that you, as the front line staff are usually the first to know what is happening and when something is just not right. You do that by being observant and always aware of what is going on around you. You may remember from the Academy the Cooper Color Code, attached is a web site with a good reminder of the training all of us should have seen before. (Stay out of Condition white) <https://modernsurvivalblog.com/security/coopers-color-code-definition/>

OFFICER SAFETY ALERT

Up North last week, a DOC officer's personal vehicle was vandalized at his home. We are taking this opportunity to remind all staff that Alaska is seeing more criminal activity taking place inside and outside of our institutions. Due to this increase we all need to be more observant of our surroundings. Here are a few things to remind us and to help teach our families what to look for and do.

Things to look for

- **Know your neighbors.**

Are they home?

The vehicles they drive or park around the house.

Unknown people stopping at the house or walking the neighborhood.

Visitors at odd hours.

- **Vehicles.**

Unknown vehicles stopping at your house.

Seeing the same vehicle on multiple outings.

People sitting in their vehicle for long periods and not moving.

Don't leave anything of value in your vehicle.

Lock your vehicle.

Park your vehicle in the garage.

- **House.**

Have motion sensor lights.

Keep your property clean, everything should be out of sight and under lock and key or at least behind a fence.

Lock your doors and windows.

Install property cameras if you can.

- **Family.**

Talk with your family about being safe in public and paying attention to their surroundings.
When in public put your cell phone away. Let's stay out of condition white.

What to do

- **Get a description.**

How many people did you see? Male/female

Clothing that they were wearing. Color and style

Vehicle make, model, color.

License plate number.

Was there anything special about the vehicle? Custom rims, paint job, decals, heavy tint, heavy rust, body damage.

Note the time and direction they were heading.

In summary,

The number one thing is to be safe, pay attention to your surroundings. A major safety concern when you are observing any suspicious or illegal activity around you is not to attract a lot of attention to you. **Don't** take out your cell phone or camera and walk up to a person and video tape them. Be safe and observe from a distance. Report any illegal activity that takes place by calling 911. For suspicious activity call your local police or troopers on a non-emergency line and remember to provide them with the best possible details that you can.

Please take the time to work with each other and teach our families how to be safe in our ever changing world.

From the Training Sergeant

By Sergeant Ed Irizarry

SO THERE I WAS!

What a common meme nowadays during story time. Whether you are listening to a trainer or you are the instructor it is common for humor to be used in order to create a comfortable learning environment. Now that I have been assigned as the Training Sergeant for Lemon Creek Correctional Center I find myself reflecting back on some material that I was required to read during my military service. Specifically two things came to mind, an individual named Sun Tsu and the fellow by the name of Rowan. As I continued on through life I have kept this story of Rowan close to me and continue to think of his story every day to motivate me during my assigned tasks. Now you may ask “what does this have to do with training?” This is why I want to take the time to show you the story below. The “Message to Garcia” had an impact on me as a young soldier to never give up and demonstrate personal discipline. As a leader of many men I ensured they would read the story of Rowan. So I want to share this excerpt in hopes that it will allow some to reflect upon it.

A Message to Garcia

By Elbert Hubbard

In all this Cuban business there is one man stands out on the horizon of my memory like Mars at perihelion. When war broke out between Spain & the United States, it was very necessary to communicate quickly with the leader of the Insurgents. Garcia was somewhere in the mountain vastness of Cuba- no one knew where. No mail nor telegraph message could reach him. The President must secure his cooperation, and quickly.

What to do!

Someone said to the President, "There's a fellow by the name of Rowan will find Garcia for you, if anybody can."

Rowan was sent for and given a letter to be delivered to Garcia. How "the fellow by the name of Rowan" took the letter, sealed it up in an oil-skin pouch, strapped it over his heart, in

four days landed by night off the coast of Cuba from an open boat, disappeared into the jungle, & in three weeks came out on the other side of the Island, having traversed a hostile country on foot, and delivered his letter to Garcia, are things I have no special desire now to tell in detail.

The point I wish to make is this: McKinley gave Rowan a letter to be delivered to Garcia; Rowan took the letter and did not ask, "Where is he at?" By the Eternal! There is a man whose form should be cast in deathless bronze and the statue placed in every college of the land. It is not book-learning young men need, nor instruction about this and that, but a stiffening of the vertebrae which will cause them to be loyal to a trust, to act promptly, concentrate their energies: do the thing- "Carry a message to Garcia!"

One of the most inspiring true stories I have ever read is *A Message to Garcia*, by Elbert Hubbard. It is a short essay that discusses the initiative of a soldier who is assigned a difficult mission of delivering a message and comes through, completing this very difficult task. In

the essay, the soldier does not ask any questions, object to the assignment, nor request help; he simply gets the job done. The essay was first published in the March 1899 issue of *Philistine* magazine and soon thereafter was reprinted as a pamphlet and a book. In both World War I and World War II the article was given to every enlisted person in the U.S. Marines and the U.S. Navy. The short essay was

Even made into a silent film by Thomas Edison, Inc. in 1916. The *Reader's Encyclopedia of American Literature* calls the piece "one of the most extraordinary documents ever issued in the United States".

Here's the takeaway: The greatest thing that makes people successful, in my opinion, is their ability to act promptly, concentrate their energies, and get something done. It is all about attitude. A good attitude and taking pride in what one does is the most important attribute anyone can possess. This quality exists in abundance here at Lemon Creek Correctional Center, but it is something we can all improve on.



Gear Head

By Sergeant Jerrod Andrews

If you haven't had a chance to read Part One of this two part series on the AR-15, I encourage you to read it, particularly if you share a similar fascination with this system. That will familiarize you with some of the basics that should be considered when purchasing your first rifle. This installment of Gearhead discusses the specific parts that I like to install on my weapons, and things that make my rifle more efficient and comfortable to use.

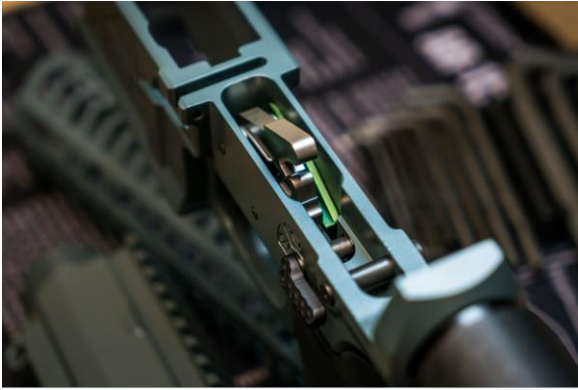
One of the most important things to consider when adding aftermarket parts to anything is "How will this make it more efficient and get me closer to my final goal for this project?" Not a bad rule to apply to any area of our daily lives. Take clothing for instance. Is it better to buy a new t-shirt every 3 to 6 months, or is it better to spend more money on a higher quality shirt that may last a few years? Might I add I still have a t-shirt that is approaching 20 years old. It is the most worn piece of clothing I have, and yet I still absolutely love it! I've replaced at least 20 to 30 other shirts since then but I still haven't had to replace my super comfy, long sleeve, blue,

Abercrombie t-shirt, therefore making it a very valuable purchase. Growing up, I even remember my dad having an ugly brown football jersey from hard telling what century of origin. I like to think that my old shirt is still more stylish than that ugly brown thing. But, that color and style (for lack of a better term) back in the 80's was probably still acceptable. Like Bruce Springsteen or Tina Turner, but I digress. Quality gun parts can help you to become a more efficient and accurate shooter, making your investment worth the additional cost. Other parts contribute to shooting comfort and reduce body fatigue. This goes along with what is considered to be a more natural hand or limb position for a more natural body alignment. More comfort and quality means a better long term product.

Probably one of the most important details when accuracy is to be considered is a smooth-operating high-quality trigger. The best way that I can explain this is to imagine dragging a 10 foot rope, with nothing attached, 50 feet across a smooth floor. As you pull the rope in a straight line, you feel little to no resistance, which translates to efficiency. Now imagine dragging a 10 foot long rope the same distance across a rocky beach, with a tire attached. You would notice it catching on the rocks and bouncing around. It would not pull straight, effectively changing its intended course, and it would require far more energy to drag it the same distance. In gun talk that translates to the smoother the trigger, the less resistance and the more accuracy in distance shooting. Remember hearing, "Shoot during the respiratory pause and give a slow and steady pull of the trigger to the rear to be more accurate" during rifle, shotgun, or pistol courses? There you have it!

Most of my shooting is done at 100 yards, so a standard mil-spec or factory trigger is sufficient. But they aren't that smooth and pulling the trigger past the heavy breaking point may cause unnecessary movement, potentially resulting in a misplaced shot. The cheapest thing I have found to combat this tendency is a JP Enterprises, enhanced reliability, trigger spring kit (Part # JPS3.5T). This product utilizes the factory trigger mechanism and only addresses the springs. I have found that it gives me the reliability that I demand while working out the normal issues found with a mil-spec trigger. With an approximate 3.5 pound break it does the job for me, and at about \$15, it is a well worth the upgrade. Part # JPS3.5 is another good option and does feel a bit lighter, but the hammer spring is very light and may cause reliability issues with cheap ammo.

A drop in trigger is also a great and easy option. Because they come in one complete unit, they are very easy for the average gun-owner to install. I have had very positive experience with Velocity Triggers and they're affordably priced compared to other brands, with prices starting at about \$150. A number of you have shot with this trigger and noticed how it feels without me ever mentioning that there was something special about the gun. It's comparable to a high quality precision rifle trigger at a crisp 3 pound break and a very short trigger reset that you barely feel. This is one I consider to be my hunting or precision rifle set up, though I rarely ever go hunting..... Moving on. The ease of installation and reliability from a reputable company gives me the peace of mind to know that it will work when I need it to. There is also a multitude of triggers to suite different shooters' style and preference needs.



Check out their website at: <https://velocitytriggers.com>. They also have a great detailed video which breaks down the installation process for you.

Other very reputable brands include CMC, Geissele Automatics, LWRC, and Timney Triggers just to name a few. Here is a Gearhead inside tech tip for you. The owner of Velocity spent a number of years designing and creating triggers for Timney and Knights Armament, but Velocity underprices the competition by a large margin.

Type in the link below to get a great description on a very wide range of other triggers, and manufacturers.

<http://www.recoilweb.com/ar15triggerguide/>

As I sit here and type, I realize how many different parts and accessories are out there! My head spins at the thought and where to go next with this article! Most rifles purchased these days already come with great options, such as Magpul furniture, flip up sights, and quality fore ends to attach all of your cool tactical goodness to! So let us just get down to it.

As far as handguards go I prefer Keymod or M-Lock and don't have a preference between them. Those two styles reference two different ways of mounting objects to them. YouTube has countless detailed videos if you want to really see the differences. You get the rigidity of aluminum, a smooth surface on the sides and bottom to hold onto, as well as a full picatinny rail that runs the full length on the top. Plus they typically float over the barrel instead of attaching to it. One more thing to help you gain accuracy down range. You can purchase individual sections of picatinny rail to insert wherever you need them to attach your goodies to. Quad rails have picatinny rails running on all 4 sides of the handguard. It does add a bit more weight, and I have found that it will eventually take its toll on your hands over time. The aggressive texture with all of the individual mounting slots will cause you some discomfort if you don't wear gloves.

Another question I get regards vertical fore grips, angled fore grips, or no fore grips at all. I have found that the answer really just comes down to comfort. Some folks, particularly those with a military background, seem to prefer the vertical fore grips. I have spent a number of years shooting with them and have mixed feelings. My shooting style leans more towards running

something like the Magpul AFG (angled fore grip) with a c-clamp style grip on my support hand, with four fingers on the bottom, grasping the handguard and the thumb wrapped over the top. It is a more natural body alignment for me and results in less arm fatigue. It also provides more stability for recoil control and faster, accurate follow up shots. However, the c-clamp works just fine without adding anything fancy to your gun!

Keymod with Daniel Defense vertical handgrip. You may notice a bit of the “key” hole shape below.



M-Lock with Magpul AFG.



If you find yourself purchasing parts and need help installing them, my service rate is a smile and a “thank you,” which fits most of everyone’s budget. A RedBull tip is always appreciated though! ☺ Until next time!

Stay Safe!

Jerrod

Lemon Creek Correctional Center wants YOU!!



Lemon Creek Correctional Center in Juneau, Alaska is currently recruiting Correctional Officers. To apply go to Governmentjobs.com/careers/Alaska/ and look for the Correctional Officer I position in Juneau, AK.

Why be a Correctional Officer at LCCC:

- Great Pay/Benefits
- Career advancement opportunities
- Premium schedule (7 days on/ 7 days off)
- Generous vacation leave
- Excellent training
- Great community to raise a family



If you have any questions contact Lt. Hoff at (907)465-6288 or Sgt. Headings at (907)465-6205. We are looking forward to talking to you.