



THE RAP SHEET

January 2012
A Quarterly Newsletter

A Publication of the Iowa Corrections Association
www.lowalCA.com

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The President's Notes

Letter to Membership—February 2012

Hello Fellow ICA Members:

As we embark on a new year, I think the theme for the coming year should be "CHANGE." Like a lot of people, most of my life I hated change and even went out of my way to avoid it. I associated "change" with discomfort, fear of the unknown, instability, and lack of control; however, one of the areas I have hopefully grown in is embracing the value of change. Look at ICON, remember how many of us struggled desperately with it. Now I look back and think "how did we ever survive without ICON?"

As a leader, specifically as a Board Member for the Iowa Corrections Association, we must always be looking for opportunities for growth: to improve our Association, expand our influence, and make a greater difference in the lives of our members. **Change can be a wonderful gift.**

Reflecting over the past few years of my Presidency, I am proud of what we have accomplished and confident in the goals we have yet to achieve. As you may remember, in Spring 2004, ICA elected to become a dual chapter with the American Corrections Association (ACA). At that time, the Board of Directors informed the membership that this decision would be reviewed in 3-5 years to see if this decision was a profitable venture. As I mentioned, because most people do not like "change," unfortunately, that time has come and gone. The Board is currently discussing and has plans to evaluate this decision further. If you have any questions or concerns about this issue, please feel free to contact me or any member of the Board as listed on the last page of the Rap Sheet to express your concerns or address this issue further. The ICA Board is working diligently to represent your interests and alleviate any concerns you may have. We want to hear from you.

In addition, I would like to remind you of the following upcoming events sponsored by ICA:

ICA Legislative Breakfast – February 2, 2012, State Capitol Building, 1st Floor Rotunda, 7:00 to 9:30 am
(Please see attached DOC and CBC Messages to our Legislators)

Emerging Drug Trends: K2/Spice, Bath Salts & Salvia – February 24, 2012, Hoover Building, Level A, Rooms 5&6, 10:00 am to 3:00 pm

ICA Annual Spring Conference – May 9 -11, 2012, Dubuque, IA

I hope that you can make plans to attend. In addition, please be sure to nominate fellow ICA members who you feel are deserving of an award or who would be an asset to the Board. Thank you!

Your President, Julie Vantiger-Hicks
(563) 263-9168x13 Work
(319) 572-2278 Cell

Emerging Drug Trends "K2/Spice, Bath Salts, and Salvia"

Iowa Corrections Association

is proud to provide this training to our
Members and DOC Staff.

Training information:

Where: Des Moines, Hoover Building; Level A, Rooms 5 & 6

When: Friday, February 24, 2012; 10:00 a.m.—3:00 p.m.

Starts: Registration starts at 9:30 a.m.

Lunch: a sack lunch will be provided

CEU's: Substance Abuse

REGISTRATION: ICA Members \$20; Non-ICA Members \$25
(registration includes your meal and CEU fees)

Our Honored Speakers

Bruce Reeve, Laboratory Administrator
Iowa Division of Criminal Investigation
Iowa DCI Criminalistics Laboratory

Dan Voogt, Bureau Chief
Polk County Attorney's Office
Drug and Gang Bureau

Lina Kalin, Director
Iowa Poison Control Center



Lamar Jack, a standout at Woodmont High School in Piedmont, before committing to Anderson University

Jack was redshirted in the Trojans' 2010-11 season, but the sophomore had been expected to contribute to the university's basketball team this year.

On the basis of an autopsy and the toxicology test results, Shore is ruling Jack's death accidental — caused by "acute drug toxicity with excited delirium that led to multiple organ failure."

The chemical found in Jack's body is used to make fake pot, a classification of substances that the U.S. Drug Enforcement Administration calls synthetic cannabinoids



STORIES

Thomas Davis is the father of these two teens... said

"They were my best friends," Darian Lee "Shorty" Davis, 17, Dustin Thomas "Turtle" Davis, 19, who died just before 7:45 p.m. Friday after being hit by an eastbound Amtrak train along East Washington and 11th streets in Mebane, NC. Davis said his two sons walked along those railroad tracks every day without incident as a shortcut. "You can feel a train coming down those tracks," he said. However, Davis said the train's conductor said after he'd blown the whistle, neither young man turned around, and continued walking down the tracks away from the train, until the collision. Thomas Davis stated his sons bought K2, mixed it with marijuana and smoked it to get high that night.



**Sorry! The K-2 Training is full and registration has closed.
Please attend future ICA trainings and workshops!**

IOWA CORRECTIONS ASSOCIATION

SPRING ICA CONFERENCE REGISTRATION FORM attached

CONFERENCE DATES: May 9th, 10th, and 11th 2012

LOCATION: Grand River Center 500 Bell Street Dubuque, IA

ACCOMMODATIONS: Grand Harbor Resort and Waterpark 350 Bell Street Dubuque, IA 52001. Call Toll Free at 1-866-690-4006 for a reservation. Please be sure to mention you are attending the ICA Conference to get the room rate of \$55.00 per night plus tax for one person, or \$65.00 per night plus tax for two people. These rates are only guaranteed through **April 8, 2012** so please make your reservations early.



Highlights include:

Wednesday: Registration followed by breakout sessions, lunch and more breakout sessions. Happy Hour with the vendors at Stone Cliff Winery

Thursday: Motivational Speaker Jay Dobyms, breakout sessions and Awards Banquet followed by Dueling Pianos at the Diamond Jo

Friday: Success Happens Training Session

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ICA MEMBERSHIP: ICA is a Dual Chapter Member with the American Correctional Association. When you join ICA you get two professional organization memberships at one low cost! Join now on the form below or go to the ACA website: <http://www.aca.org>

CEU's: The following CEU's have been applied for: Iowa Board of Social Work, Iowa Board of Substance Abuse Certification (IBSAC), Iowa Board for the Treatment of Sexual Abusers (IBTSA). CEU's will be provided upon request and can be used for any other continuing education requirements. If you have questions about CEU's, please e-mail: Elizabeth.Clark@iowa.gov



RETURN TO:

Seventh Judicial District Department of Correctional Services
 Attention: Julie Vantiger-Hicks/ICA Registration
 101 W. Mississippi Dr., Suite 200, Muscatine IA 52761
 Email: Julie.VantigerHicks@iowa.gov

**Pre-registration
 expires April 20, 2012**

CONFERENCE FEES for Wednesday, Thursday, and Friday:

ICA Member: Pre-Registration	\$65.00	_____
ICA Member: On-Site Registration	\$75.00	_____
ICA MEMBERSHIP: Annual fee: new _____ or renewal _____	\$35.00	_____
Non Member: Pre-Registration	\$105.00	_____
Non Member: On-Site Registration	\$110.00	_____
F-T Student registration (not currently employed in Corrections, must show ID)	\$35.00	_____
CEU fee (\$5 total, not each)	\$5.00	_____
Attend One Day Only registration:	\$35.00	_____
<u>Please make checks payable to the Iowa Corrections Association</u>	TOTAL Due	_____

Name (First, Last): _____	
<input type="checkbox"/> Name Change? Please write "old" name here _____	
Agency: <input type="radio"/> DISTRICT: ___1 st ___2 nd ___3 rd ___4 th ___5 th ___6 th ___7 th ___8 th	
<input type="radio"/> PRISON: ___ASP ___CCF ___FDCF ___ICIW ___IMCC ___ISP ___MPCF ___NCCF ___NCF	
<input type="radio"/> Other: _____	
Address:	
<input type="checkbox"/> New Address?	
City, State, Zip:	
E-mail Address:	Daytime Phone:
ACA Membership #:	ACA Membership Expiration Date:
Please check CEU's you will need: IBTSA _____ Substance Abuse _____ Social Work _____	

The Polygraph Periodicals... "Polygraph In The News"

SAN LUIS OBISPO, Ca - Charges have been dropped against Frederick "Freddy" Haworth who had been wrongly accused of two armed robberies in the area. According to prosecutors, six people identified Haworth from a photo lineup, and one of his relatives identified him in a surveillance photo of the robbery. The case unraveled when Michael Anthony Koselka, a suspected serial bank robber, confessed to police that he had committed the robberies for which Haworth had been accused. Police also noted a strong physical resemblance between Haworth and Koselka. "I think the bottom line is when you have that many eyewitness identifications it's just real hard to discount that," said Deputy District Attorney Lee Cunningham, "Eyewitness identification is fallible, just like other types of circumstantial evidence." However, prosecutors did have discontinuing evidence when they sought charges against Haworth, including a favorable polygraph result and cell phone records indicating his phone was not in the area at the time of the robberies. They also lacked any forensic evidence tying Haworth to the crimes.

April 11, 2009 - Source: The Tribune (<http://www.sanluisobispo.com/news/local/story/680725.html>), "Witnesses, relative identified robber in two SLO cases — wrongly."

Another reminder that things are not always as they seem and why a comprehensive investigation with all of the evidence presented is so important.

Sincerely in Truth,

Randy Cole Polygraph Examiner

**From Your Nominations Chair Sundi Simpson:**

Good morning ICA members.

It is the time of year again that it is being requested that you take a few minutes to consider nominating a fellow ICA member who you believe would be a positive addition to the ICA Board of Directors. Better yet, consider increasing your own participation and dedication to our professional association by submitting your name for a position. Being a part of the ICA Board of Directors allows members to gain a better understanding of the actual workings of our association, while providing you the opportunity to have a voice in many of the decisions that are made throughout the year. As always, you are encouraged to nominate members from any corrections discipline. Sharing the unique corrections expertise from different departments throughout both institutions and CBC's continues to improve ICA. The current board understands that these are difficult financial times and that continued support of ICA increasingly becomes more of an individual burden on our members than in the past; however, we would like to continue to encourage your ongoing participation. You keep our association strong. The positions that will be open beginning 07/01/2012 are President-Elect, Vice-President, Secretary and three (3) At-Large Seats. The terms run for two years and further information about the responsibilities of each position can be found in the by-laws on our website: www.iowaica.com, or feel free to contact me with any questions. Voting will be held via mail or on-site at our Spring Conference in Dubuque 05/09/2012 – 05/11/2012, at which time the elections results are tallied and announced. The deadline for nominations is Friday, 03/02/2012, and should be emailed directly to me: sundi.simpson@iowa.gov.

Thanks!

Sundi Simpson, ICA Nominations Chair



Treasurer's Report

Sept - Dec 2011

Income:

Awards	
Board of Directors	120.00
CEUs	
Credit Card	
Elections	
Fall Conference	2,100.00
Spring Conference	
Legislative	
Membership	2,085.26
Multi-Cultural Issues	
Nominations	
Publicity	
Rapsheet	
Registration	
Spring Conference	
T-Shirts	50.00
Training & Workshops	
Vendor	10,650.00
Website	
Women's Issues	
Total Income	\$15,005.26

Expenses:

Awards	
Board of Directors	2,293.00
CEUs	120.51
Credit Card Fee	26.85
Elections	
Fall Conference	20,347.40
Spring Conference	
Legislative	
Membership	980.00
Multi-Cultural Issues	
Nominations	
Publicity	1,172.01
Rapsheet	
Registration	84.26
Spring Conference	
T-Shirts	967.62
Training & Workshops	
Vendor	1,241.14
Website	47.94
Women's Issues	
Total Expenses	\$27,280.73

Checking Balance \$8,665.56

Savings Balance \$7,237.85

Certificate of Deposit \$6,174.11

FROM YOUR AWARDS/MEMORIALS COMMITTEE:

Where did the time go? We are into the thick of winter which means it's time to think about Spring ICA. One of the first things I think about when I think about Spring ICA is the Awards Banquet. So, please take the time now to nominate a co worker. We had a lot of great nominations last year so please dust those off and re submit if your person wasn't chosen last time. Most categories it was extremely close.

As has been done in the past, please submit your nomination via our web page. I will also send you an email back letting you know that I have received your nomination. If you do not receive my confirmation then please contact me directly so we can sort out any technical difficulties with the web page.

We would also like to remember those who are no longer with us during the memorial part of our ceremony. You may email those directly to either of us. Sally.Kreamer@iowa.gov or Sheryl.Dahm@iowa.gov

Hope you had a nice holiday and look forward to seeing you at the conference. It will be here before you know it. Please send in those nominations.

Sally Kreamer and Sheryl Dahm



FROM YOUR WOMEN'S ISSUES COMMITTEE:

Save the date: September 13th and 14th 2012 for the Women's Issues Retreat.

The retreat is held at the Christian Conference Center in Newton Iowa. It is 40 minutes from Des Moines Iowa and 5 minutes from Interstate 80. It is a relaxing wooded area and offers women in Corrections a chance for reflection and learning that often brings new perspectives and "outside the box" thinking regarding the day to day stressors in their jobs. We have a core group of women who have attended since the retreat began and it has resulted in some amazing team building and mentoring among participants. So save the date and we look forward to seeing you this fall.

Arlene Anderson, Women's Issues Co-Chair



FROM YOUR TRAINING AND WORKSHOPS COMMITTEE:

The K2 Training filled up quickly, but we are looking for ideas for the next workshop in July. People attending the training are from various agencies including: County Attorney Offices, School Districts, DOC, CBC, Sheriff Offices, Police Departments, Juvenile Court, and Substance Abuse Agencies. This is also a great way to network!!!

Brian Reicks and Todd Roberts

HOW TO DEAL WITH THE STRESSES AND ANXIETIES OF WORKING AS A CORRECTIONAL OFFICER

By Stanley Popovich

Stress and anxiety are very common when you're a correctional officer. As a result, here is a list of techniques that a correctional officer can use to help manage their daily stresses and anxieties.

Sometimes, we get stressed when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could take a walk, listen to some music, read the newspaper or do an activity that will give them a fresh perspective on things.

When facing a current or upcoming task at your job that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

Challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you are afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you, however your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one.

Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you feared does happen there are circumstances and factors that you can't predict which can be used to your advantage. For instance, you are at your place of work and you miss the deadline for a project you have been working on for the last few months. Everything you feared is coming true. Suddenly, your boss comes to your office and tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

In dealing with your anxieties at your job, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. Get all of the facts of the situation and use them to your advantage. The more control you have over your stresses and anxieties, the better off you will be in the long run.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Managing your fears and anxieties takes practice. The more you practice, the better you will become.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com/>

Invest in Iowa's Corrections System



Myth:

Putting more people in prison reduces crime

Fact:

Pew research shows four of the 10 states with the greatest drops in crime were also among the top 10 states in lowering their incarceration rates.

Our Challenge:

Manage corrections costs within appropriated resources while increasing public safety

Our Solution: Staff

The key to our success

Solve routine & difficult problems daily

Trained to manage & engage offenders for positive change

Positively affect recidivism

Employ evidence based practices to lower the number of offenders under supervision

- ❖ The offender return rate to prison stands at 31.8% or 2.1% lower than the recidivism rate 4 years ago.
- ❖ African-American offender reentry has cut rate of return to prison for new conviction by 7%.

Our Solution: Diversion & Reentry

Incarcerate only those who need it

Focus on individuals most likely to reoffend

Focus on evidence based practices

Expand Effective Community

Supervision

Our Solution: Collaboration

Education

Workforce Development

Human Services

Public Health

Faith-based & community organizations

Inspection & Appeals

Offender success is our goal

Reentry is our process

**Evidence-based practices
are our tools**

Benefits of Being a Dual Member Chapter

- **Rebates on Membership Fees.** This aids in financial responsibilities for the Chapter. Rebate checks are issued at the end of the month as outlined below, and are deposited directly into the chapters account, which gives the chapter immediate access to their funds. (See chapter rebate chart below.)
- **Two for the price of one.** Opportunity for a member to belong to two organizations (one local, one national) for the price of one. (i.e., if an individual is a member of ACA in a dual chapter state, they are also a member of the chapter and vice versa.) The members enjoy all the benefits of belonging to ACA and the added benefits provided by the dual chapter organization, which in turn increases the attractiveness of belonging to the chapter at little or no cost to the chapter.
- **Maintenance of ACA Chapter member database – free of charge.** This saves time and administrative work for the chapter officers.
- **Services provided complimentary as follows:**
 - * Monthly Membership Rosters
 - * Labels for Mailing
 - * Design of Chapter/ACA membership application and solicitationof most cost effective quotes for printing (at cost to chapter)
 - * Access to low-cost suppliers of promotional materials such as clothing and giveaways to promote your chapter and ACA
- **Legislative updates.** Complimentary Legislative Updates Provided. This can be very beneficial to states in keeping up on legislative issues that have an impact on states.
- **Opportunity to participate in payroll deduction.** “Payroll deduction” for membership dues is available in some states – which again presents a chance for membership growth.
- **Invitation to attend ACA’s Chapter Leadership Retreats.** These retreats may be held in conjunction with ACA’s conferences. This is particularly important to chapter officers as it gives them an opportunity to network and discuss their chapters’ issues or concerns with their fellow chapters.
- **Automatic member of Council of Dual Membership Chapters, State & Geographical Affiliates.** This important body examines ways to increase membership, chapter conferences, and other issues relevant to chapters.
- **Representation on ACA’s Delegate Assembly.** Each chapter is allowed one to five appointed delegate(s) (based on total active membership) to ACA’s Delegate Assembly. This leadership body has a multitude of powers within ACA.
- **Complimentary meeting space at ACA’s conferences.** Chapters are afforded complimentary meeting space at ACA’s conferences (January and August) to conduct their meetings and have programs for members. ACA provides time, space, program coordination, publicity and other supportive services for these meetings.

- **Publications received free of charge.** Each chapter receives four copies of ACA’s CORRECTIONS TODAY magazine (6 issues per year) and On-The-Line newsletter (6 issues per year), and one copy of each directory as they are published.
- **Promotion of chapter conferences.** ACA promotes our chapters’ conferences in our periodicals and on the ACA website and offers assistance with conference activities, such as providing lists of keynote speakers, assisting with program content and assisting with logistical challenges for chapter conferences.
- **Link to ACA’s website.** ACA chapters have permission to link their website to ACA’s website, thereby providing a potential larger audience for their chapter activities.

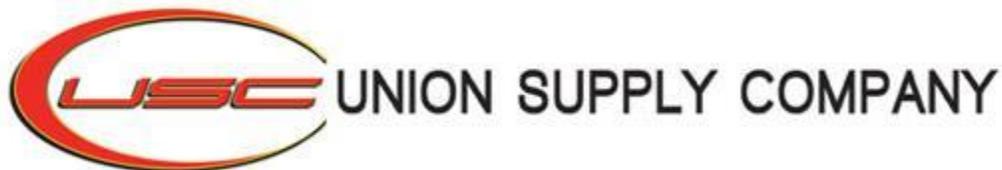
International Chapter Rebate Chart (For those not in the US and it’s territories)				
Category	1 Year Dues	1 Year Rebate	3 Year Dues	3 Year Rebate
Professional I	\$50.00	\$12.50	\$140.00	\$35.00
Professional II	\$110.00	\$27.50	\$320.00	\$80.00
Executive Gold	\$150.00	\$37.50	\$440.00	\$110.00
Associate	\$25.00	\$6.25		
Organizational	\$390.00	\$97.50		
Supporting Patron	\$440.00	\$110.00		
Chapter Rebate Chart				
Category	1 Year Dues	1 Year Rebate	3 Year Dues	3 Year Rebate
Professional I	\$35.00	\$8.75	\$99.00	\$24.75
Professional II	\$75.00	\$10.00	\$215.00	\$53.75
Executive Gold	\$100.00	\$25.00	\$290.00	\$72.50
Associate	\$15.00	\$2.50		
Household – Prof I	\$55.00	\$6.88		
Household – Prof II	\$115.00	\$14.38		
Household - Exec. Gold	\$150.00	\$18.75		
Organizational	\$300.00	\$75.00		
Supporting Patron	\$350.00	\$87.50		



**IOWA CORRECTIONS ASSOCIATION
STANDING COMMITTEES CO-CHAIRS
FISCAL YEAR 2012**

<u>COMMITTEE</u>	<u>CO-CHAIR</u>	<u>CO-CHAIR</u>	<u>BOARD LIAISON</u>
AWARDS	Sheryl Lockwood	Sally Kreamer	Sundi Simpson
ELECTIONS	Whitney Mann	Lee Ann DeBord	Katrina Carter Larson
EVENTS	VACANT		
CEUs	Elizabeth Clark	Teneil Cangas	Jen Foltz
LEGISLATIVE	Robin Malmberg	Katrina Carter Larson	Robin Allbee
MEMBERSHIP	Rita Mueggenberg		Jane Jansen
MULTI-CULTURAL			Jill Dursky
NOMINATIONS	Sundi Simpson		Sundi Simpson
PUBLICITY	Kelly Overton	Don Wolter	Bruce Vandersanden
RAPSHEET	Jean Johnson		Tennette Carlson
REGISTRATION	Steve Zdrazil	Julie Vantiger-Hicks	Steve Zdrazil
TRAINING & WORKSHOP	Brian Reicks	Todd Roberts	Rita Mueggenberg
T-SHIRTS/MERCHANDISE	Denise Ramsey	Rob Humphrey	Jane Jansen
VENDORS	Janet Harms		Rita Mueggenberg
WEBSITE	Janet Harms		Jane Jansen
WOMEN'S ISSUES	Cheryl Hannah	Arlene Anderson	Steve Zdrazil

ICA appreciates the support of these Vendors!



2011 Fall Conference Exhibitors

- ★ AnyTrax ★ BI Incorporated ★ CJ Cooper & Associates
- ★ CenturyLink ★ Consumer Safety Technology - Intoxalock
- ★ CTG: Corrections Technology Group
- ★ Express Diagnostic International ★ G4S Justice Services, Inc
- ★ GTL - Global Tel-Link ★ Hazelden Publishing
- ★ Heery International ★ IPI - Prison Industries ★ JPay, Inc
- ★ Securus Technologies ★ SGTS, Inc. ★ Simpson College
- ★ St. Ambrose University ★ TalkTelio
- ★ Union Supply Co./Food Express USA ★ Waddell & Reed, Inc.