

## Behind the Fence



MAY 2020

EMPLOYEE OF THE MONTH



Missouri Department of  
Corrections



Congratulations to Corrections Officer, Amanda Butts for Employee of the Month, May 2020. COI Butts has taken on the task for multiple months in organizing and pulling together a carry-in dinner for the first shift. It has been a morale booster and is very much appreciated by everyone. Her positive attitude is an inspiration to all.



# Memorial Day

2020



## Memorial

Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.

### EARLY OBSERVANCES OF MEMORIAL DAY

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

*Did you know?* Each year on Memorial Day a national moment of remembrance takes place at 3:00 p.m. local time. It is unclear where exactly this tradition originated; numerous different communities may have independently initiated the memorial gatherings. And some records show that one of the earliest Memorial Day commemorations was organized by a group of freed slaves in Charleston, South Carolina less than a month after the Confederacy surrendered in 1865. Nevertheless, in 1966 the federal government declared Waterloo, New York, the official birthplace of Memorial Day.

Waterloo—which first celebrated the day on May 5, 1866—was chosen because it hosted an annual, community-wide event, during which businesses closed and residents decorated the graves of soldiers with flowers and flags.

### DECORATION DAY

On May 5, 1868, General John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle. On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

Many Northern states held similar commemorative events and reprised the tradition in subsequent years; by 1890 each one had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor their dead on separate days until after World War I.

### HISTORY OF MEMORIAL DAY

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan. For decades, Memorial Day continued to be observed on May 30, the date Logan had selected for the first Decoration Day. But in 1968 Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

### MEMORIAL DAY TRADITIONS

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. Some of the largest parades take place in Chicago, New York and Washington, D.C.

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war—a tradition that began with a World War I poem. On a less somber note, many people take weekend trips or throw parties and barbecues on the holiday, perhaps because Memorial Day weekend—the long weekend comprising the Saturday and Sunday before Memorial Day and Memorial Day itself—unofficially marks the beginning of summer. – [History.com](#)



### WHY IS THE POPPY A SYMBOL OF MEMORIAL DAY?

In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first hand and was inspired to write the now-famous poem “In Flanders Fields” in 1915. (See below for the poem.) He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

### The Poppy Lady

In November 1918, days before the official end of the war, an American professor named Moina Michael wrote her own poem, “We Shall Keep the Faith,” which was inspired by McCrae’s “In Flanders Fields.” In her poem (also shown below), she mentioned wearing the “poppy red” to honor the dead, and with that, the tradition of adorning one’s clothing with a single red poppy in remembrance of those killed in the Great War was born. Moina herself came to be known—and honored—as “The Poppy Lady.”

### The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

#### “In Flanders Fields”

by John McCrae, May 1915

*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

#### “We Shall Keep the Faith”

by Moina Michael, November 1918

*Oh! you who sleep in Flanders Fields,  
Sleep sweet – to rise anew!  
We caught the torch you threw  
And holding high, we keep the Faith  
With All who died.*

*We cherish, too, the poppy red  
That grows on fields where valor led;  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a luster to the red  
Of the flower that blooms above the dead  
In Flanders Fields.*

*And now the Torch and Poppy Red  
We wear in honor of our dead.  
Fear not that ye have died for naught;  
We’ll teach the lesson that ye wrought.*



*Flanders Fields* is a name given to the battlegrounds of the Great War located in the medieval County of Flanders, across southern Belgium going through to north-west France. From 1914 to 1918 Flanders Fields was a major battleground in the First World War.

A million soldiers from more than 50 different countries were wounded, missing or killed in action here. Entire cities and villages were destroyed and left in tatters, two of which, Ypres and Passchendaele, became worldwide symbols for the atrocities of war.

Today, the region still bears witness to the Great War’s history with many monuments, museums, cemeteries and individual stories.



Brought to you by Mark Stafford, Safety Manager and PACT Team Leader

## What is SELF?

SELF stands for Strive Employee Life and Family and is available for Employees to use. You can call 800 808 2261, 24 hours a day or go to [www.guidanceresources.com](http://www.guidanceresources.com) and click on register from the tab. Enter MCHCP as the Organizational Web ID, then select Missouri Consolidated Health Care Plan as your Company or Organization. Follow the website instructions to complete your registration on CompPsych.

So, what does SELF have to offer?

- Wellness Issues: Addiction, Emotional Well-Being, Fitness and Nutrition, Grief and Loss, Personal Growth, Physical Health, Pregnancy, Personal Safety, and Stress and Anger Management.
- Relationships: Child Care, Divorce and Domestic Issues, Elder Care, Marriage and Relationships, Parenting, and Special Needs and Gifted Children.
- Work and Education: Career Development, College and Graduate School, In the Workplace, K-12 School, Manager Guidance, Military, and Personal Development.
- Financial: Consumer Issues, Debt and Bankruptcy, Estate Planning and Elder Care, Insurance, Personal Finance, Real Estate, and Tax.
- Legal: Consumer Issues, Criminal Law, Debt and Bankruptcy, Estate Planning and Elder Law, Insurance, Lawyers and Court, Personal Injury and Health Law, Real Estate, and Tax.
- Lifestyle: Computers and electronics, Food and Beverage, Going Green, Pets, Planning an Event, Shopping and Consumer Rights, Travel.
- Home and Auto: Buying and Selling an Auto, Driver Safety and Education, Home Improvement and Maintenance, Home Safety and Security, Moving.
- Working Abroad: Assignment Planning, Relocation, Cultural Assimilation, Living and Working Abroad, Spouse and Family, Staying Connected, Returning Home, Health and Wellness, Legal and Financial, Travel and Safety.

Plus much more....

The Staff and Counselors that you talk with will assist you in every way they can. SELF is an excellent resource that we have available. I encourage you to register and use it. I have and it has helped me.

## My SELF Story:

Just over three years ago my mother was placed in a nursing home. After about a year of her house sitting empty, my brothers and I wanted to see what our options were with her house, but we didn't know where to begin. I then decided to use SELF. I was given a list of lawyers that would give me a free consultation to discuss our options. I was given a reference code to give the law firm so it would be covered and made an appointment. After discussing it during our meeting, the lawyer gave me several options I could review and make a decision with my brothers. That's just what we did and it didn't cost me anything out of pocket. I would definitely use SELF again.

## TCC PACT MEMBERS

### First Shift:

Kacee Salzman, COI  
Amanda Butts, COI

### Second Shift:

Mark Stafford, Safety Manager  
Debbie Thimmesch, FUM  
Adam Barker, CCM  
Emily Anderson, CCA

### Third Shift:

Sally Arredondo, COI  
Thomas Russell, COI



## *Attitude*

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you. We are in charge of our attitudes.

~Charles Swindoll.

***Brought to you by TCC's Librarian, Mrs. Berenice Clark***



*The more that you read, the more things you will know. The more you learn the more places you'll go. ~Dr. Seuss*

Check out the newly handmade bulletin board located in the Library. This new artwork was designed by Mrs. Clark and completed by one of the offenders who work in the Library. This painting was made for the month of April to promote National Library week which was the 19th through the 25th.

Generally, the board changes every month or so based on what is going on for the month. Feel free to stop by the Library any time to check out what is on the bulletin board for the month.



## DOC LOGO SHIRTS FOR SALE JUNE 16 - 30

Starting June 16th through the 30th, your Personnel Committee will be taking orders for logo clothing again. An email will be sent out from the Personnel Committee's Vice President, Leslie Kelley. If you would like to purchase a shirt, please print the form and fill it out. Available colors are in the book which will be located at the desk up front. You may turn your money order in to Susan Schreck in the Business Office, or one of the following from the Personnel Committee: Sean Farmer in Segregation, Leslie Kelley in HU 15, or Jill Newton in HU 14.

*"I'm stronger because I had to be, I'm smarter because of my mistakes, happier because of the sadness I've known, and now wiser because I've learned."*

### *It hurts all over!*

The retired guy goes to the doctor and says, "Doc, I ache all over. Everywhere I touch it hurts."

The doctor replies, "OK. Touch your elbow." The guy touches his elbow and winces in genuine pain.

The doctor, surprised, then states, "Touch your head."

The guy touches his head and jumps in agony. The doctor asks him to touch his knee and the same thing happens. Everywhere the guy touches he hurts a lot.

The doctor is stumped and orders a complete examination with X-rays, etc. He tells the guy to come back in two days.

Two days later the guy comes back and the doctor declares, "We've found your problem."

"Oh yeah? What is it?" asks the retiree.

"You've broken your finger!"

## *You're a Classic*



HAPPY RETIREMENT  
TO CORRECTIONS  
OFFICER STEVEN  
VOLAND! SINCE 1997

Mr. Voland will be retiring as of June 1, 2020. With over 5 years of back drop, he has decided that it is time to go after 23 years in the DOC. After retirement, Mr. Voland plans on having fun. He will be working on his classic car, and doing a lot of sleeping!



**WELCOME!**

**TO THE TEAM!**

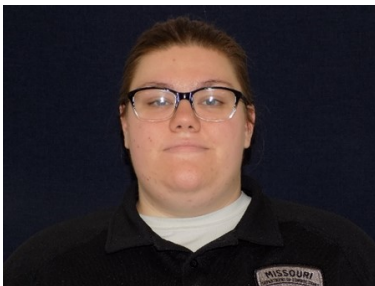
**TCC's New Employees**



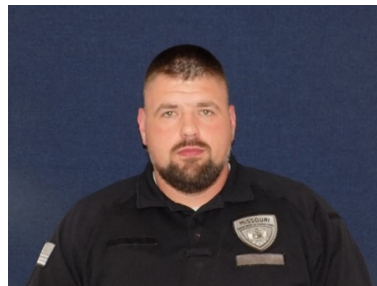
William Hutton, CKII



Mary Bunnell CKII



Katelin Schulz, COI



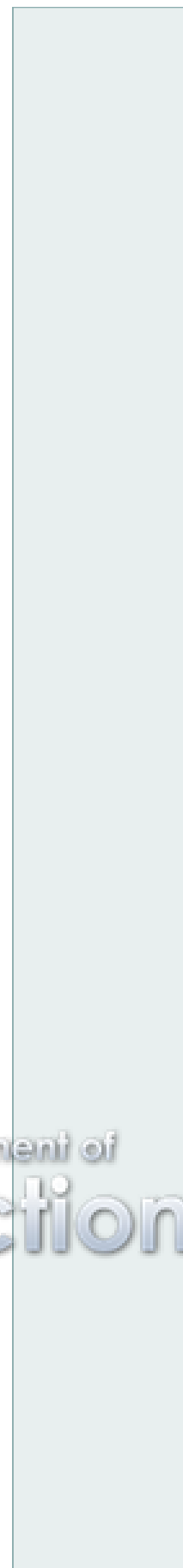
Kenneth Pritchett, COI



Kenneth Frakes, VSII



Missouri Department of  
**Corrections**



## CLOTHING ISSUE, WAREHOUSE AND CANTEEN TEAM-UP TO GET THINGS DONE

*Teamwork  
divides the  
task and  
multiplies the  
success.*

TOUGH  
TIMES  
don't last  
TOUGH  
TEAMS  
DO

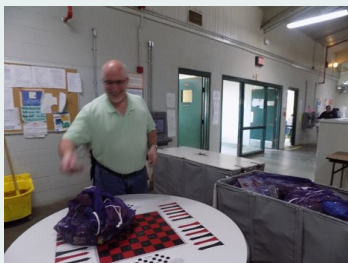
It's another day at TCC—and today is supplies day. Warehouse Manager, Mark Westermier and Clothing Issue SKII, Justin Trimble load carts with supplies to deliver to each housing unit. Due to recent events, supplies are now delivered rather than staff coming to pick up their supplies.



Each with their own cart, Westermier and Trimble radio each housing unit to let them know supplies are on the way. Finally, they stop outside the housing unit and the Officer or Case Worker comes out to get their supplies. "It is a lot of work getting everything done in the Warehouse without our offender workers, states Westermier, however it isn't anything we can't handle."



Canteen items also have to be delivered to each housing unit, generally two houses get their canteen each day. Canteen SKI, Carol Kliethermes along with Clothing Issue SKI, Tim Lynn (photo below) with the officer's help, quickly and in an organized manner, call each persons name and hand out the canteen items.



SKI, Tim Lynn from Clothing Issue begins to hand out Canteen bags. Canteen SKI, Carol Kliethermes gets down to business getting her carts on the opposite side of the housing unit unloaded.

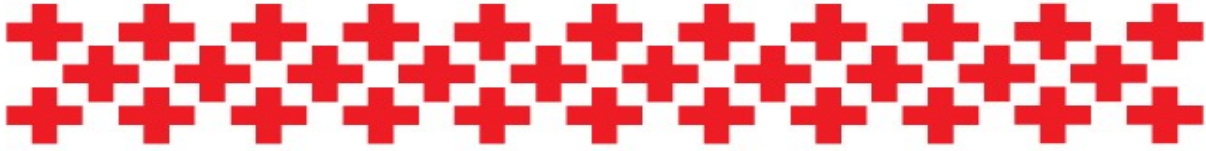


COI Daniels who was working the gate volunteers to help Kliethermes push the carts back to the Canteen. The carts with the canteen items are heavy and difficult to maneuver.



**American Red Cross**

*Give blood.* Help save lives.



**Blood Drive**  
**Tipton Correctional Center**

Officer's Assembly Room  
619 Osage Ave.  
Tipton, MO 65081

**Wednesday, June 10, 2020**  
**12:00 p.m. to 4:00 p.m.**

Please call 1-800-RED CROSS (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: TiptonCC to schedule an appointment.

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

©2017 The American National Red Cross

[ 0 ] - Order ID: 03197 - Item ID: 27134 - Qty: 1 of 1 - 0112465-4911 - 25341

**THANK YOU FOR GIVING: HOW BLOOD DONATIONS SAVE LIVES**



*April 08, 2020*

In the first six months of his infant life, Liam Boyle has relied on blood donations to sustain him through three major open-heart surgeries. His father, Brian Boyle, knows well the importance of lifesaving blood. More than 15 years ago, blood donations saved his life after he lost 60 percent of his blood in a car accident.

After the most recent surgery for Liam, who was born with multiple heart defects, Boyle recalled how his young son “really seemed to perk up after the transfusion. His color improved, he was smiling more and his progress has continued from there.”

During this uncertain time, blood donors have shown up for patients in need. Every two seconds, someone like Boyle and Liam need blood in the U.S. That means each day - and during uncertain times like the coronavirus(COVID-19) pandemic - the health of communities depends on volunteer blood donors who are the only source of blood.

“It’s incredibly heartwarming to see the lifesaving role that blood products have played in my son’s survival during these major heart procedures and throughout his recovery,” said Boyle, whose son will need more procedures during the first few years of his life. “From the past to the present, blood donations are truly lifesaving and life-giving.”

The American Red Cross greatly appreciates the incredible generosity shown by those who have rolled up a sleeve to donate blood and platelets and who have scheduled upcoming donation appointments during this coronavirus outbreak. At the Red Cross, we have the privilege to witness people step up to help during times of disaster and crisis. Today is no different.

Red Cross blood drives follow the highest standards of safety and infection control to help keep staff and donors safe. In addition, there is no evidence and there are no reported cases of the coronavirus - or any respiratory virus - being transmitted by a blood transfusion. More information about safety protocols, eligibility and travel deferrals are on [RedCrossBlood.org](http://RedCrossBlood.org).

## *IN HISTORY THIS MONTH*

**May 1st** - Observed as May Day, a holiday and spring festival since ancient times, also observed in socialist countries as a workers' holiday or Labor Day.

**May 4, 1494** - During his second journey of exploration in the New World, Christopher Columbus discovered Jamaica.

**May 5th** - Celebrated in Mexico as Cinco de Mayo, a national holiday in remembrance of the Battle of Puebla in 1862, in which Mexican troops under General Ignacio Zaragoza, outnumbered three to one, defeated the invading French forces of Napoleon III.

**May 5, 1865** - Decoration Day was first observed in the U.S., with the tradition of decorating soldiers' graves from the Civil War with flowers. The observance date was later moved to May 30th and included American graves from World War I and World War II, and became better known as Memorial Day. In 1971, Congress moved Memorial Day to the last Monday in May, thus creating a three-day holiday weekend.

**May 6, 1937** - The German airship Hindenburg burst into flames at 7:20 p.m. as it neared the mooring mast at Lakehurst, New Jersey, following a trans-Atlantic voyage. Thirty six of the 97 passengers and crew were killed. The inferno was caught on film and also witnessed by a commentator who broke down amid the emotional impact and exclaimed, "Oh, the humanity!" The accident effectively ended commercial airship traffic.

**May 7, 1992** - The 27th Amendment to the U.S. Constitution was ratified, prohibiting Congress from giving itself pay raises.

**May 10, 1994** - Former political prisoner Nelson Mandela was inaugurated as president of South Africa. Mandela had won the first free election in South Africa despite attempts by various political foes to deter the outcome.

**May 14, 1942** - During World War II, an Act of Congress allowed women to enlist for noncombat duties in the Women's Auxiliary Army Corps (WAAC), the Women Appointed for Voluntary Emergency Service (WAVES), Women's Auxiliary Ferrying Squadron (WAFS), and Semper Paratus Always Ready Service (SPARS), the Women's Reserve of the Marine Corp.

**May 18, 1980** - Mount St. Helens volcano erupted in southwestern Washington State spewing steam and ash over 11 miles into the sky. This was the first major eruption since 1857.

**May 20, 1932** - Amelia Earhart became the first woman to fly solo across the Atlantic. She departed Newfoundland, Canada, at 7 p.m. and landed near Londonderry, Ireland, completing a 2,026-mile flight in about 13 hours. Five years later, along with her navigator Fred Noonan, she disappeared while trying to fly her twin-engine plane around the equator.

**May 21, 1881** - The American Red Cross was founded by Clara Barton. The organization today provides volunteer disaster relief in the U.S. and abroad. Community services include collecting and distributing donated blood, and teaching health and safety classes.

**May 25, 1994** - After 20 years in exile, Russian author Alexander Solzhenitsyn returned to his homeland. He had been expelled from Soviet Russia in 1974 after his three-volume work exposing the Soviet prison camp system, *The Gulag Archipelago*, was published in the West.

**May 27, 1937** - In San Francisco, 200,000 people celebrated the grand opening of the Golden Gate Bridge by strolling across it.

**May 28, 1961** - Amnesty International was founded by London lawyer Peter Berenson. He read about the arrest of a group of students in Portugal then launched a one-year campaign to free them called Appeal for Amnesty. Today Amnesty International has over a million members in 150 countries working to free prisoners of conscience, stop torture and the death penalty, and guarantee human rights for women.

**May 30, 1922** - The Lincoln Memorial in Washington, D.C., was dedicated. The Memorial was designed by architect Henry Bacon and features a compelling statue of "Seated Lincoln" by sculptor Daniel Chester French.

# MOVIE TRIVIA FOR MAY

## Star Wars Trivia...

Who test-piloted the first B-Wing prototype on the planet Shanti pole?

- A. Anakin Skywalker
- B. Boba Fett
- C. Hera Syndulla
- D. Rey

Other than Han Solo, which main characters have been frozen in carbonite?

- A. Anakin Skywalker
- B. Obi-Wan Kenobi
- C. Ahsoka Tano
- D. All of the above

What record did Han Solo break in the Millennium Falcon?

- A. Made the Kessel Run in 12 parsecs
- B. Made the Kessel Run in 14 parsecs
- C. Smuggled the most cargo through the Kessel Run
- D. Avoided the most Imperial Cruisers in the Kessel Run

What are the names of the three creatures that Obi-Wan, Anakin, and Padme face in the Geonosian execution area?

- A. Eopie, Fathier, and Varactyl
- B. Acklay, Nexu, and Reek
- C. Vulptex, Loth-Wolf, and Purrgil
- D. Porg, Puffer Pig, and Blurr

Which city inspired the design of Han Solo's home planet, Corellia?

- A. Naples
- B. London
- C. New York
- D. Venice

Which Empire officer did Darth Vader blame for giving away the element of surprise for the attack on Hoth?

- A. Captain Piett
- B. Director Krennic
- C. Admiral Ozzel
- D. Agent Kallus

What is the name of Lando's copilot, the female droid from *Solo: A Star Wars Story*?

- A. L3-37
- B. 8D8
- C. B-U4D
- D. EV-9D9

Which character inspired the outfit worn by Galen Erso at the beginning of *Rogue One: A Star Wars Story*?

- A. Obi-Wan Kenobi
- B. Luke Skywalker
- C. Anakin Skywalker
- D. Han Solo

For which character was Captain Phasma's chrome armor originally designed?

- A. Finn
- B. General Leia Organa
- C. Kylo Ren
- D. General Hux

Which costume in *New Hope* had no copies?

- A. Darth Vader's
- B. Han Solo's
- C. Chewbacca's
- D. Greedo's



**Email your answers to Safety Manager, Mark Stafford.**  
**There will be a drawing for a prize.**


Looking Ahead...



Dates to look forward to...

 Tuesday, June 5 is World Environment Day to raise environmental awareness across the globe.

 Wednesday, June 14 is Flag Day (U.S.). Be sure to raise the flag!

 Father's Day falls on Sunday, June 16 this year. Read all about the history of Father's Day.

 The summer solstice heralds the start of summer. In 2020, the solstice falls on June 21. In the Southern Hemisphere, winter begins at this time.

 June 24 brings Midsummer Day, traditionally the midpoint of the growing season, halfway between planting and harvesting.

## The History of Father's Day Let's All Cheer for Fathers!

By Aurelia C. Scott

June 11, 2019

The Old Farmer's Almanac



*Mrs. Sonora Smart Dodd. The mother of Father's Day was raised by a single dad. Credit: Visit Spokane*

Although Father's Day wasn't made a national holiday until 1972, the efforts of one woman in Washington sparked a movement to celebrate dads long before then.

### SONORA DODD AND FATHER'S DAY

The first known Father's Day service occurred in Fairmont, West Virginia, on July 5, 1908, thanks to the efforts of Grace Golden Clayton. The service was to honor all fathers, especially those hundreds who were killed during a devastating mine explosion in Monongah (just a few miles from Fairmont) the previous year. However, the observance did not become an annual event, and it was not promoted—very few outside the local area knew about it.

In 1909, Sonora Smart Dodd of Spokane, Washington, also was inspired to create a holiday honoring fathers. William Jackson Smart, her father, was a farmer and Civil War veteran that raised Sonora and her five younger brothers by himself after his wife, Ellen, died giving birth to their youngest child in 1898. While attending a Mother's Day church service in 1909, Sonora, then 27, came up with the idea.

Within a few months, Sonora had convinced the Spokane Ministerial Association and the YMCA to set aside a Sunday in June to celebrate fathers. She proposed June 5, her father's birthday, but the ministers chose the third Sunday in June so that they would have more time after Mother's Day (the second Sunday in May) to prepare their sermons. So it was that on June 19, 1910, Sonora delivered presents to handicapped fathers, boys from the YMCA decorated their lapels with fresh-cut roses (red for living fathers, white for the deceased), and the city's ministers devoted their homilies to fatherhood.

### A NATIONAL HOLIDAY

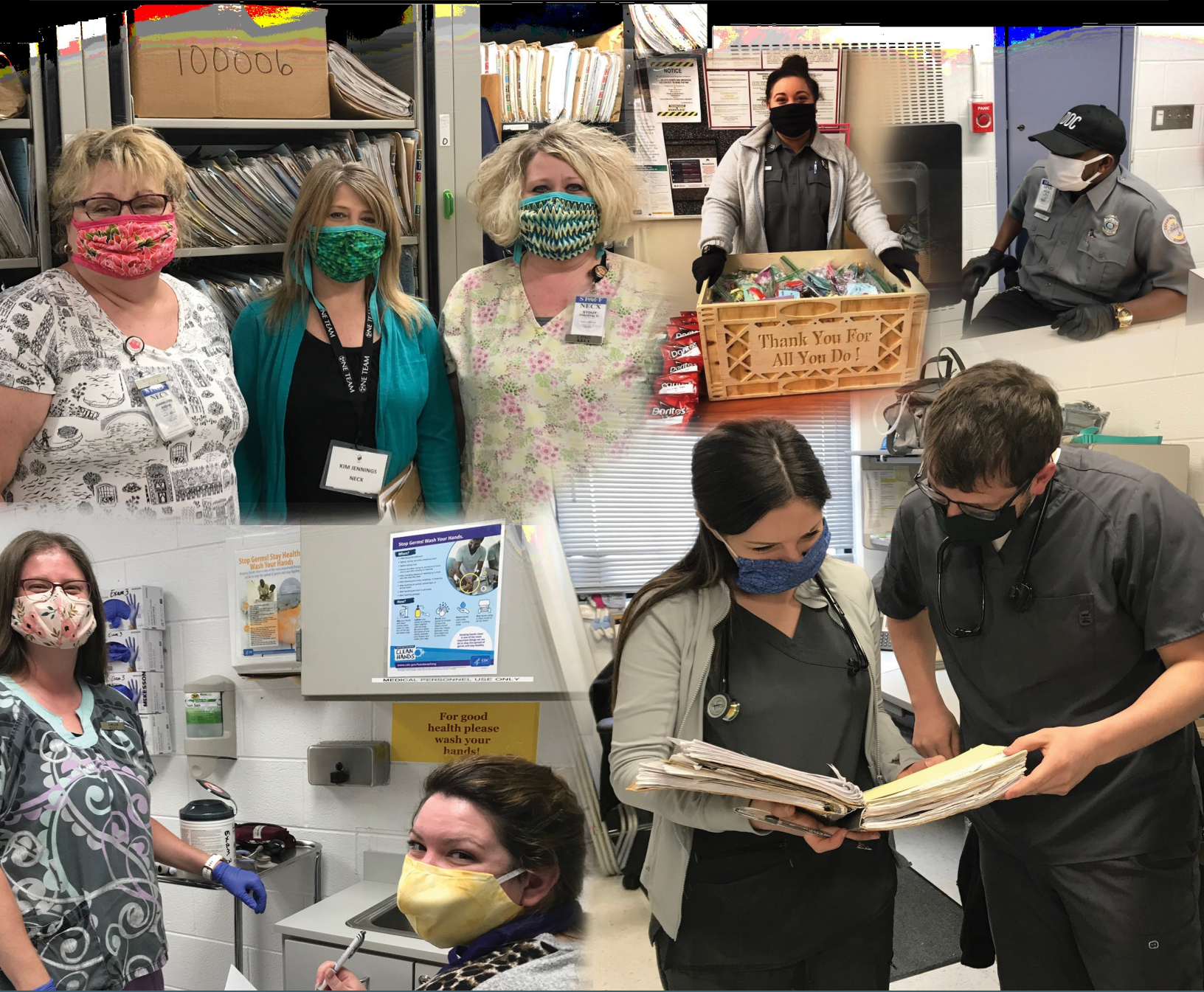
The widely publicized events in Spokane struck a chord that reached all the way to Washington, D.C., and Sonora's celebration started its path to becoming a national holiday.

- In 1916, President Woodrow Wilson and his family personally observed the day.
- Eight years later, President Calvin Coolidge signed a resolution in favor of Father's Day "to establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations."
- In 1966, President Lyndon Johnson signed an executive order that the holiday be celebrated on the third Sunday in June. Under President Richard Nixon, in 1972, Congress passed an act officially making Father's Day a national holiday. (Six years later, Sonora died at age 96.)



# The Psychology of COVID-19

Submitted by TCC's Chief of Mental Health Services,  
Sheila Rider



This project was supported by Grant No. 2019-RY-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



“The emotional brain responds more quickly to an event than the thinking brain.”

— Daniel Goleman

**W**e are facing challenges today professionally and personally that we never even dreamed about. Though we read books and watched movies about pandemics that entertained us, knowing that after we finished the book and the movie was over, we were relieved and comforted that it was just a book or a movie and we would go on with our normal life. Little did we ever think that we all would be the main cast of characters living every day in the reality of the COVID-19 pandemic. The reality is people are freaked out right now. We fear and worry about our own health and the health of our loved ones as we go to work and as our duty calls. Many of us are suppressing our emotions and fear while others are more verbal and sometimes even physical. When things are stressful and uncertain, we tend to react emotionally and assume the worst possible scenarios in our minds — *My whole family is going to get sick. The economy will never recover. My world is coming to an end.* Folks are fearful and we are writing the playbook as events unfold. It’s a time of uncertainty and we don’t like it. We do not like it because uncertainty creates anxiety by letting the rational part of our brain be hijacked. Our brains are hardwired to react with fear and anxiety when it comes to dealing with uncertainty. A million years ago, that was a good thing. When we saw a stick, we thought snake. It helped us survive in a world filled with danger and uncertainty. But as the rational part of our brain developed, we learned to manage the stress of uncertainty and stop seeing every stick as a snake. Today, we find the emotional part of our brain reacting to COVID-19 uncertainties just as we would react to our fear of a poisonous snake and it’s knocking our rational brain off track. We are in a crisis and psychology tells us without certainties to help us predict what is probable, we feel out of control. The world is being attacked by a silent, invisible enemy.

### THE STRESS OF UNCERTAINTY

As first responders to the COVID-19 crisis, it can certainly take an emotional toll on you. It’s not that you or I will never fear the unknown, it is part of being human. But it’s what we do with that fear and how we handle it that matters. There are

things we can do to reduce traumatic stress reactions. Always remember you are not alone. We can get back on track and manage the stress of uncertainty, maintain good mental health, and get back a sense of control in our lives. We start by understanding that feeling anxiety about COVID-19 is a normal reaction to an abnormal situation. We start by recognizing we are not powerless, and we are in control of how we choose to respond. “It’s totally normal to be struggling with the fear of the unknown,” says Vaile Wright, director of clinical research at the American Psychological Association. “But we don’t have to get stuck there.” If we know the right things to do, we can override our brain’s irrational tendencies and manage the stress of uncertainty. We can fuel hope! Here are the top 10 things you can do to better manage your mental health and take back control.

#### 1. Limit Media exposure and access reliable sources

It is essential that you obtain important information on COVID-19, but too much exposure to media can lead to increased stress and anxiety and in some cases make their way into your dreams. Even in your sleep you can’t escape

*“What gets us into trouble is not what we don’t know. It’s what we know for sure that just ain’t so.”*

— Mark Twain



Photo collage on cover page: Photos courtesy Tennessee Department of Corrections

pressures you may be feeling about the pandemic. “We use our dreams to resolve emotional tension and particularly emotional uncertainty,” said Dr. Ian Wallace, a psychologist who specializes in sleep and dream research “... because human beings are not very good at dealing with uncertainty.” Why is this important? Psychology tells us fear and panic flare up when we allow our brains to respond to uncertainty with irrational thoughts and excessive anxiety. Watching television or listening to radio programs that repeatedly emphasize the turbulent spread of COVID-19, or absence of effective treatment, just fuels the freaked-out factory and exacerbates anxiety. In fact, the World Health Organization encouraged that people should check the news once or twice a day and only from reliable sources. While it is fine to have a general idea of what is happening, especially if you live near an area with a high concentration of cases, it’s important to limit media exposure, particularly from undocumented or unreliable sources. Learn to be invisible to fear. Stay rational.



### 3. Protect Yourself and Your Community by Helping Others

*“When you are kind to others, it not only changes you, it changes the world.” – Harold Kushner*

Many of our colleagues are our friends and neighbors. Whether it means helping a vulnerable neighbor get groceries or donating blood, you have an important part to play in helping your community. Think outside of yourself. Understand the stress of uncertainty affects all of us in different ways. Appreciate what you do is important. Realize your acts of kindness are protecting your community and you. In fact, chemicals released in our brains during acts of kindness reduce stress and anxiety, improve mood, decrease blood pressure, protect our hearts, and strengthen our immune system. Remember, when you succeed, we all succeed.

*“If the body requires hygiene, then hygiene is compulsory for the mind and soul.”*  
— Dmitry Pisarev

### 2. Practice good hygiene and physical distancing

Indecision is not the same as uncertainty, and there are a lot of decisions you can make to protect yourself and loved ones. For example, wash your hands frequently and thoroughly, sanitize high-touch surfaces, avoid contact with sick people, make sure you have a decent supply of nonperishable food and other supplies, and stay home as much as possible. Physical distancing goes against our need for human contact, but we need to stay apart now to come together later. And take your own advice. Ask yourself: “If my friends came to me with this worry, what would I tell them?”

#### 4. Be positive and focus on gratitude

Amid uncertainty, many people immediately imagine worst-case scenarios. Rather than ruminating on the negative, focus on what you value and for that which you are grateful. Rather than stewing in worries, make a daily “gratitude list” to bolster your psychological resiliency. The name we give something shapes our attitude toward it, so start each day with a conscious choice to have an attitude of gratitude. Research shows that having a positive attitude and practicing gratitude boosts the immune system.

**“Gratitude and attitude are not challenges; they are choices.”**  
— Robert Braathe

#### 5. Identify resources

**“Life is 10% what happens to me and 90% of how I react to it.”** — John Maxwell

According to a recent survey by the Kaiser Family Foundation, about a third of the Americans said the COVID-19 pandemic has caused mental problems. Avoid rumors during this crisis, many are spreading like a wildfire. It is important that you have accurate information. As you identify resources you may need to access, psychologists and other mental health professionals around the country are shifting their practices online to increase accessibility. Many have established virtual therapy or counseling via telehealth, and some are even holding free online group therapy sessions. De-stressing apps can help more immediately and cost less, too. There are mindfulness apps and an app that helps you track your mood and daily activity so you can keep a healthy mental health schedule. I call these “*The People Helping People*” who can be our lighthouse as we navigate the uncertainties of the pandemic.

#### 6. Take control with behavioral medicine

**“As you ought not attempt to cure the eyes without the head, or the head without the body, so neither ought you attempt to cure the body without the mind; for the part can never be well unless the whole is well.”** — Plato

Pills aren’t the only medicine available to us. In fact, psychology has a wide array of behavioral medicine techniques science has proven to be effective in managing our stress and anxiety. It can be as simple as breathing.

One method you can use is called the “4-7-8 Breathing” technique. This behavioral medicine involves breathing in through your nose for 4 seconds, holding it for 7 and exhaling through your mouth for 8 seconds. Research has clearly shown it can instill a sense of calm when you feel out of control. Try it. Congratulations, you have just lowered your blood pressure and heart rate, improved your body’s circulation, and re-energized your brain with an oxygen boost. Unlike those warnings in commercials, “You can try this at home!”

#### 7. Get organized and maintain a routine

**“Routine is ground to stand on, a wall to retreat to; we cannot draw on our boots without bracing our-selves against it.”** — Henry David Thoreau

If you had kids at home, you would probably be trying to maintain a routine for them, with a lot of scheduled activities. You would try to create as much normalcy as possible for them. Psychology advises that strategy is important for adults, too. The key is to focus on the things that are within your control, even if it’s as simple as weekly meal planning, going for a walk, or going to bed and getting up at regularly scheduled times. Fill in vacant time with activities. A friend of mine started gardening. “My garden gives me hope,” she said. “It helps structure my day and gives me a sense of control.” Get organized and establish routines. It will give your days and weeks some healthy psychological structure. *Personally, I do Bonsai.*

#### 8. Eat healthy, exercise and don’t forget how to laugh

**“I never could have made it if I could not have laughed. It lifted me momentarily out of this horrible situation, just enough to make it livable.”** — Victor Frankl

Eighty percent of visits to a doctor’s office are for medical problems resulting from our lifestyle choices. This is a good opportunity to make good lifestyle choices to help you fight your stress. A healthy diet and sufficient sleep will help your immune system to function properly,



and movement is good for both body and mind. Get at least 30 minutes of physical activity a day and, if you are working at home, get up for a short break every 30 minutes. And don't forget to laugh. Watch a funny movie. Share a good joke. Humor allows us to step away from the drama, if only for a few minutes. There is a lot of evidence in the scientific literature of how laughter and humor increase our immune system's response to stress.

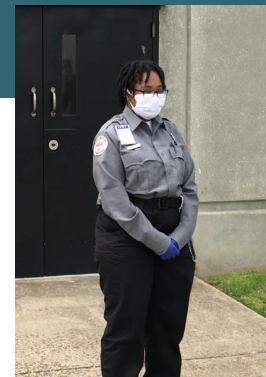
## 9. Stay connected

Loss of social support can contribute to anxiety and feeling alone. Psychology warns social isolation can fuel anxiety and depression and, over the long term, is even linked to a shorter life span. But just because you may be physically distant from other people, you can, and should, stay connected to them. We have to remind ourselves that family, friends, our colleagues at work and others may be dealing with feelings of isolation as they practice social distancing or quarantine. We can help others which helps us by staying connected. In his book, *The Courage to Be*, distinguished theologian Paul Tillich reminds us that catastrophic events like COVID-19 take us beneath the busyness and distractions of life and provide us with an opportunity to better understand ourselves and encourage others. If you are a person of faith, for example, you can join a prayer group and comfort each other. We're all in this together and you don't have to be alone with your worries. By being proactive and reaching out to others, you'll boost your mental health and reduce your stress. For men, it's not a sign of weakness to reach out to others. It takes courage to recognize our basic human need for connection with others, and it takes strength to reach out. That's something worth modeling for our children.

## 10. Let your values guide your actions and find the possibilities in uncertainty

**“A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.”**

—Winston Churchill



Committed action should be guided by our core values. What do you want to stand for in the face of this crisis? What sort of person do you want to be, as you go through this? How do you want to treat yourself and others? As a first responder, you make substantial personal sacrifices and when that crisis arises, you are committed to whatever the mission is. Every day, you place safety first on the line for our community's benefit. We are in a dangerous situation with the COVID-19 pandemic and in uncharted waters and you are on the front lines risking your lives for your core values, but it can take its toll on you — if you let it. Sometimes our need for certainty, and the fear of uncertainty, become so strong we miss out on opportunities to find the meaningfulness which uncertainty can provide in our lives. You may not see it now, but you will be stronger when this pandemic ends because each time you overcome uncertainty, it is a psychological vaccination against the next uncertainty you will face. Dr. Victor Frankl tells us in his book, *Man's Search for Meaning*, having a meaning to live for is as important as having a means to live. He counsels, "The quest for meaning is the key to mental health ..." You can choose to find your best self during the COVID-19 crisis. You can choose to stand your ground and not surrender to fear and anxiety. You can choose to find purpose and meaning to strengthen your mental health. So, we encourage you, as we do with ourselves every day, to fight the good fight, finish the race and keep the faith. The Chinese use two brush strokes to write the word "crisis." One brush stroke stands for danger: the other for opportunity. In managing the stress of uncertainty with the COVID-19 crisis, the danger is if we do nothing to take care of ourselves and others, while allowing fear and anxiety to dominate our lives. The opportunity is to understand you are not powerless; you can manage your mental health successfully and you can take back control by choosing how you respond to your circumstances. We will get through this together because when you succeed, we all succeed.

# #1 - NOPE! KEEP LOOKING!

by David Levinson Wilk

## ACROSS

1. Unexpected hangups
6. Exposes
11. Candy from a dispenser
14. Cupid's projectile
15. Movado competitor
16. Fruity drink
17. Highly sought-after item for many city dwellers
19. Even score
20. Pay to play
21. Result of cremation
23. Nope! Keep looking!
28. Gulp for air
29. Chimney buildup
30. National Endowment for the \_\_\_\_
34. Charges
37. Neighbors of Venezuelans
39. Singer DiFranco
40. Nope! Keep looking!
42. Fido or Fluffy
43. Vice President James \_\_\_\_ Quayle
45. Letter-shaped fasteners
47. One of Chekhov's "Three Sisters"
48. Relative of "aaah"
50. Spanish house
51. Nope! Keep looking!
55. MTV airing
58. In the public eye
59. \_\_\_\_ Canals
60. It may not be highly sought after, but it's a solution
67. Stop for the night

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15					16		
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	23	24					25	26	27			
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67					68				69			
70				71					72			

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68. DVD player option
69. Unleashed
70. Illiterates' signatures
71. Safe spot
72. Mex. misses

23. Pertaining to the animal life of a region
24. In sports it has a top and a bottom
25. Event that a boxer might win
26. Give a drubbing
27. "Here's looking \_\_\_\_"
28. Madrid museum
31. Map out again
32. Fly over Africa?
33. \_\_\_\_ good example (does admirably)
35. Blood letters
36. Author Scott
38. N.Y.P.D. alert
41. Old Greek portico
44. Kismet

46. Supreme Court justice who appeared in the 1987 documentary "Gap-Toothed Women"
49. Hurry
52. Zing
53. "So's \_\_\_\_ old man!"
54. Enthusiasms
55. Fair-sized auto engine
56. Actress Skye
57. Puts on
61. Stop before the majors, perhaps
62. Isuzu Rodeo, e.g.
63. NNW's opposite
64. Drunkard
65. "This \_\_\_\_ bust!"
66. Your: Fr.

## DOWN

1. Drain
2. Gun owners' org.
3. The "A" in E. T.A.: Abbr.
4. Fun racers
5. Hogs
6. Finishes one over par
7. Mornings, briefly
8. Weightlifting unit
9. Kind of trip
10. He's so tempting
11. Route
12. Actress McClurg
13. Marks of Zorro
18. Utmost
22. "South Park" boy