

NN SO

Features

Prisoner Re-entry	Top Story 1
Weight Loss Challenge	Top Story 1
Promotions & Other Acknowledgements	2—3
Flashback to Events	4—5
Sheriff Speaks at National Conference	7
Human Resources Corner	8



ON THE INSIDE

Newport News Sheriff's Office — Committed to Making a Difference

Volume 5 No. 2 April—June, 2011

Prisoner re-entry attracts leaders from across the state

Prisoner re-entry is a critical part of public safety. Each year 17,000 people are released from state prisons. Of those, 95% return to their former communities.

held Tuesday, May 3, 2011 at Newport News City Farm. This breakfast meeting was part of Mayor McKinley Price's larger effort to reduce youth violence. The Mayor said, "In addressing this issue, we must ensure our youth have the education, the community assets, and the tools they need to make good decisions and become productive members of our society."

Stakeholders attending the Tuesday morning re-entry breakfast included, but were not limited to, Howard Gwynn, NN Commonwealth's Attorney; Newport News Police Department; Sheriff Gabe Morgan; Virginia Department of Corrections;

(continued Re-entry p.6)

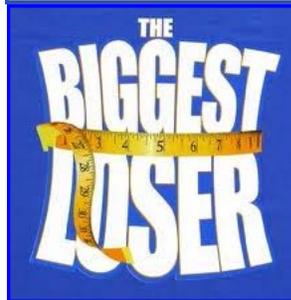


Jane B. Brown, Dir. for Community Partnerships, Office of the Governor, talks with John Haywood, Newport News Adult Drug Court Program.

Local and state leaders are working to develop a coordinated strategy for the City of Newport News to address prisoner re-entry.

A Re-entry Initiative Breakfast was

Sheriff's Office Weight Loss Challenge Encourages Healthy Habits



Sergeant Janet Robbins is a huge fan of NBC's hit television show "The Biggest Loser". So she mimicked the show and organized a weight loss challenge for the Newport News Sheriff's Office. It all started with her own effort to lose weight. She says the Newport

News Sheriff's Office Biggest Loser contest was a way to address deputy health and wellbeing. "Remember, at any given moment we may have to respond to a signal. That emergency call could be on any floor of the jail or at the courthouse, and we have to run there," she said. Reaction time is slower for those deputies who are carrying extra weight.

Holly Hicks, R.D. agrees. Hicks is a registered dietician at the Riverside Wellness & Fitness Center. She explained, "Food plays a vital role in our energy level, alertness, and focus. All things important in your law enforcement field." Food is fuel, and you want the right type of fuel. Hicks went on to say, "Certain foods, like carbohydrates, digest quickly. So you might eat a bagel for breakfast and be hungry a couple of hours later."

(continued Weight p.6)

BIRTHDAYS

JULY

Dep. D. Swinney
 Dep. K. Lampkins
 Dep. T. T. Brown
 Dep. R. Bullock
 Dep. C. A. Alston
 Dep. R. S. Garrison
 Sep. S. A. Woodruff
 Sgt. C. M. Zanders
 Sgt. J. M. Robbins
 Cpl. W. W. Hill
 Sgt. R. Vasquez
 Deborah Mizelle
 Cpl. S. M. Sheridan

Lt. G. F. Grogan
 Lt. K. L. Patrick
 Sheriff Gabe Morgan
 Sgt. D. D. Blanch
 Dep. T. L. Gordon
 Dep. S. W. Marler
 Dep. J. R. Owens
 Dep. P. J. Handwerk
 Col. Eileen Sprinkle
 Dep. O. Ruedas-Morales
 Capt. C. D. Thomas
 Sgt. W. R. Walters

AUGUST

Dep. A. E. Alexander
 Dep. C. J. Toliver
 Sgt. C. A. Wilberg
 MDep. P. A. Chapman
 Nurse P. C. Holmes
 Dep. V. M. Woodson
 Dep. L. D. Smith
 Lt. B. S. Murray

Dep. A. Regis
 Dep. G. A. Harman
 Dep. N. C. Jones
 Dep. F. N. Garland



SEPTEMBER

Lt. K. Carey
 Dep. L. L. Walker
 Wanda Sigler
 Sharon Logan
 Dep. N. D. Smith
 CRO V. Gaffney
 MDep. C. Vincent
 Cpl. C. S. Chapman

Cpl. C. V. Hoggard
 Dep. F. F. Walton
 Dep. S. P. Goldstone
 MDep. S. Boothe-Hardy



GENERAL ANNOUNCEMENTS

Engagement: 

Dep. N. D. O'Garro, **Rotation C**, got engaged on May 16th. Congratulations!

Anniversary:

10 year:

Dep. G. M. Armstrong 4/01

5 year:

Vernessa Graves 4/06; Cindylou Young 4/06; Wanda Sigler 5/06;
 Dep. A. A. Alexander 6/06; Dep. A. R. Fuller 6/06; Dep. C. C. Green 6/06;
 Dep. S. A. Stevenson-Lyon 6/06



Eileen Sprinkle began her career with the Newport News Sheriff's Office in 1988. On April 15, 2011, she was promoted to full Colonel and assumed the role of Chief Deputy. Congratulations!

(Additional Promotions Below)

PROMOTION

<u>Name</u>	<u>Rank</u>	<u>Effective Date</u>
Eileen Sprinkle	Colonel—Chief Deputy	April 15, 2011
Keith Langford	Major—Operations Bureau Chief	April 15, 2011
David Hughes	Captain	June 1, 2011
Mebane, L. R.	Lieutenant	June 1, 2011
Blanch, D. D.	Sergeant	June 15, 2011
McGee, M. T.	Sergeant	June 15, 2011
Williams, V. J.	Sergeant	June 15, 2011



CONGRATULATIONS!!!



The Graduation Ceremony for the Basic Jailors CLASS 11-1 was held April 19, 2011 at Warwick High School. The Newport News Sheriff's Office graduated five deputies. Deputy G. K. Harris was awarded his certificate of completion by long time friend Major S. Rubio, James City County Police Department. The two met in

1985 serving in the U.S. Air Force Security Forces based at Langley AFB. Not picture are Deputies C. Alston, L. Cuffee, D. D. Page, Jr., and R. Wilkins. Congratulations to ALL of you for completing the thirteen week long academy.



I CANNOT TELL A LIE

In addition to being promoted to Captain, David Hughes graduated from polygraph school on May 12th. Job well done!



WORK + SCHOOL PAYS OFF!!!

Two Newport News Sheriff's Office deputies graduated April 20th from the Auxiliary BLE Academy conducted by the Hampton Roads Criminal Justice Training Academy. This Basic Law Enforcement training school is designed for full-time sworn staff. They continue to work and meet the responsibilities of the NNSO while seeking to advance their law enforcement careers. Completing this 10-month long academy was a true testament to the dedication of Deputy H. V. Tran and Deputy C. D. Daniels. Classes were scheduled around the job, both in the evenings and on Saturdays. Congratulations to both Daniels and Tran.



SPECIAL RECOGNITIONS



— **Deputy of the Year, 2010** Deputy L. L. Walker, **Rotation D**, was selected by his peers for this distinguished recognition.

— Cpl. E. D. Morales, **Classification/Records**, "Employee of the 1st Quarter, 2011"

FLASHBACK



To EVENTS

Strutting Their Stuff in Stilettos

They are at it again... The men of the Newport News Sheriff's Office marched in women's shoes for the Annual "Walk a Mile in Her Shoes" held April 2nd. This is a benefit for the Center for Sexual Assault Survivors. Fundraising helps provide free services offered by the Center. Clients come from across the Peninsula.



ON THE INSIDE

The Newport News Sheriff's Office quarterly newsletter

is written and produced by Lt. Kathleen Carey, PIO.

E-mail comments and suggestions to: kcarey@nngov.com

DYBL — The "unofficial" kick-off to summer

The Newport News Sheriff's Office continued its tradition of leading the Denbigh Youth Baseball League Parade. In addition to being a parade participant, the Sheriff's Office also provides traffic control (below).



The Newport News Sheriff's Office held its bi-annual FREE Shred Day in Southeast Newport News on May 30, 2011. This year, the NNPD and DEA conducted their prescription drug take back at the same location. Pictured l-r: Dep. C. Johnson, CRO V. Gaffney, Cpl. W. Churchill, and NNPD Officer D. Austin.

FLASHBACK



To EVENTS (continued)

HITTING THE LINKS FOR A WORTHY CAUSE



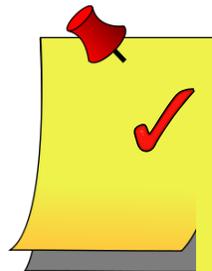
The **FOODBANK OF THE VIRGINIA PENINSULA GOLF TOURNAMENT** was organized & hosted by the Newport News Sheriff’s Office. Golfers played May 6th at Kiln Creek. The weather cooperated with a gorgeous day. ALL the money raised went toward the capitol campaign for the Foodbank’s new facility on Aluminum Avenue in Hampton, which recently held its grand opening. Pictured: Sheriff Gabe Morgan and Mayor McKinley Price thanked the golfers for helping this worthwhile effort. The Mayor offered advice to the players, “Stay in the short grass and have a good time.”

Hunger is a community issue we can’t ignore

Deputies did not want the shelves of the new Foodbank of the Virginia Peninsula distribution center to be empty. Each rotation challenged the



other to see which team could collect the most food. **THANK YOU to EVERYONE** who helped in this effort. A Sheriff’s Office transport van was stuffed at the golf tournament. Congratulations to Court Security as the winners! Pictured l-r: Cpl. R. Clayton, Dep. S. Wall, and Cpl. W. Churchill.



OF NOTE:

On April 27, students from Heritage High School were treated to a lesson in the dangers of driving under the influence. The “Every 15 Minutes” campaign is run by a task force of members who stage a mock fatality. The event concludes with a jail tour and dramatized court case.



The Annual Law Enforcement Torch Run for Special Olympics was held on a hot June day. The route had to be altered due to the high heat index. Thank you Col. Eileen Sprinkle, Cpl. W. Churchill, and Dep. D. Swinney for sweating it out. Lt. Kandyce Patrick followed the route all the way to Richmond for the closing ceremonies. She said, “The friendships built between athletes and law enforcement is one of the reasons I keep returning.”

RE-ENTRY (contin. from page 1)

Jane B. Brown from the Governor's Office; State Delegate Glenn Oder; Mayor McKinley Price; and a coalition of community partners that provide re-entry services. As many as 60 people attended this meeting.

"Re-entry is ultimately about public safety," said Sheriff Morgan. "Do we want them to come back as good neighbors?" asked Morgan of how society wants to accept ex-offenders back into the community. "Or do we want them to come back *without* a job, *without* a place to stay, and resort to crime and behaviors that got them into trouble to begin with?"

Speaking at the event were three ex-offenders who provided valuable insight into what aided their successful transition from prison to

community. Jason Brumbaugh was one of those ex-offenders and told of his good fortune in finding employment, "I realize that I've been given an opportunity that so many others, whether ex-felon or not, could only hope for in this current economic situation where money is tight, and jobs are hard to come by."

In his speech, Brumbaugh echoed the sentiments of so many other ex-offenders, "Unemployment and idle time increases the chance that a person may commit a crime and go to jail. Then when that person is released, he/she is now more likely to stay unemployed, mainly because private business owners do not often hire convicted felons anymore. The door keeps revolving."



Newport News TV covered the event for the half-hour long news program called "Inside Newport News."

A number of people attending the re-entry breakfast were business owners. Part of the strategic plan will include appealing to local businesses to open their doors to ex-offenders who have shown a willingness to change. ⚡



Sgt. Janet Robbins keeps weight loss records throughout the challenge. Christie Sproles is happy to see the scale continues to go down.

WEIGHT (contin. from page 1)

She recommends including proteins in a meal because it will stay with you longer. For example, "add an egg to that breakfast and make the bagel a wheat bagel for fiber, and you will have more energy and won't get hungry right away."

A total of forty-two employees enrolled in the Biggest Loser contest. There are deputies, civilian staff, and contract employees all wanting to drop weight and get healthier. Proper diet and exercise can help protect against diabetes, heart disease, and cancer -- all among the leading causes of death in this country.

As part of her rules, Robbins developed a cash prize. Here's how it works: Each contestant put-up \$20 to enroll; they pay a \$1 fee every time they weigh-in on a bi-weekly schedule; and if they gain weight,

they owe a buck for every pound gained. All of the money goes into the prize pot. Sheriff Gabe Morgan was so supportive of the idea that he nearly matched the fund. Approximately \$1,500 will be shared between the 1st, 2nd, and 3rd place finishers. The winners will be calculated by the largest *percentage* of body weight lost.

The contest began April 8. The last weigh-in will be July 29. As of June 17, the total weight loss for the group was 196 pounds.

For those who want a little help reaching their personal weight goals, Riverside Wellness & Fitness Center has a two month program called "Diet-cise" that combines healthy meals with fat burning exercise. Hicks says they conducted a follow-up after a year and discovered that 82% of their clients either maintained the weight loss from the program or had continued to lose more. ⚡

Sheriff Gabe Morgan accepts invitation to speak at national training conference.

American Jail Association offers information on current issues affecting the correctional industry

Sheriff Gabe Morgan has once again hit the national stage. In March of this year, Morgan testified on the nation's capitol where he asked members of Congress to invest in evidence-based intervention programs for youth offenders. Such programs are effective in turning around the lives of young people and giving them the tools to grow into productive adult citizens.

Most recently Sheriff Morgan was a presenter at the American Jail Association (AJA) 30th Annual Training Conference & Jail Expo held in May, 2011. The topic of the workshop he co-presented with Liz Ryan, CEO of the Campaign for Youth Justice, and with Liane G. Rozzell,

Executive Director of Families and Allies of Virginia's Youth, centered around the challenges of incarcerating young people in adult jails.

Morgan talked about the efforts being made by the Commonwealth of Virginia to protect children from the dangers of adult jails.

Ryan discussed what is happening on a federal level to protect youth offenders. There is reauthorization legislation and amendments to the Juvenile Justice & Delinquency Prevention Act (JJDP) moving through



Congress. The amended version of the law would disallow the placement of children in adult jails. As a condition for funding, it would require states to keep juvenile offenders out of adult jails. It also would require states to address the disproportionate minority contact with the justice system. Jail officials can be instrumental in supporting the reform effort to strengthen the core protections of the JJDP.

Ryan and Morgan cited research behind the new legislative positions. 🌟



Weed & Seed Undergoes Restructuring

Southeast Newport News residents learned how to tap into available funding streams that will allow the Weed & Seed community partnership to continue. Consultants with Neighborhoodwork America conducted training in May for residents and members of the W&S Steering Committee. Even as W&S undergoes changes in structure, its members want to assure the community that it is still alive and well. The mission to 'weed-out' crime and 'seed-in' healthy services continues. Board members and volunteers look forward to working with current partners, previous partners and soon-to-be new partners! 🌟

More Inmates Earn GED During Incarceration

The NN Sheriff's Office continues to focus on the rehabilitation of inmates. Earning a GED can be the difference between recommitting crime or moving forward as a contributing citizen. Education behind bars is just one tool that can help make a person's transition back into the community more successful, improving overall public safety for all citizens. On April 6, 2011, a GED Graduation Ceremony was held for seven inmates—three females and four males. Family support is encouraged by Sheriff Gabe Morgan, which is why he wants loved ones to be a part of the celebration. 🌟



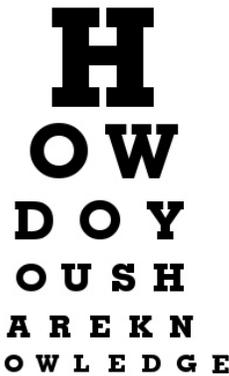
SHERIFF'S Last Word

The Sheriff's Last Word will return in next quarter's issue.

**In its place in this edition of "On the Inside" is
the HR Corner...**

**...news from Human Resources that will prove useful to all personnel
of the Newport News Sheriff's Office.**

**Lt. Audrey Maule provided the following information and will be happy
to answer further questions.**



• **FREE VISION BENEFIT**

All full-time city employees are eligible for one FREE eye exam every year without signing up for VSP (Vision Service Plan). Contact a participating VSP eye doctor to make an appointment. You can go to the VSP website (www.vsp.com) to find a participating eye doctor.

• **ANTHEM FREEBIES**

For those who are currently enrolled in the city's health insurance through Anthem, preventative check-ups including Well Baby Care, Routine Annual Gynecological Exams, Mammograms, and Annual Physicals have NO co-pay. Unless you advise your health care provider of this information, however, they will expect your co-pay as usual. You are responsible for notifying your health care provider when making your appointment or at the time of your visit.

• **HOME BUYERS SEMINAR**

The Sheriff's Office will sponsor an Affordable Home Buyers Seminar on July 12th at 2:00 p.m. in the 2nd Floor Conference Room of the Justice Building. You will have an opportunity to meet with a representative from Keller Williams Realty and a mortgage professional to guide you through the home buying process. Please take advantage of this excellent opportunity.

• **BANKING BENEFITS**

On July 13th from 3:00p.m.-4:00 p.m., a Wachovia Bank representative will be in the 2nd Floor Briefing Room of the Newport News City Jail to meet with anyone wanting to learn more about FREE benefits available to you as a valued member of the Newport News Sheriff's Office.

• **REDUCED ADMISSION TO KINGS DOMINION**

Save on Single-Day Admission to Kings Dominion, Virginia's Premier Theme and Water Park @ the park's Special Event Day for Emergency Services & First Responders.

On July 17, 2011, there will be exhibitions and spectator events.

Admission rates have been reduced, but tickets must be purchased in advance. Order tickets today by:

- 1) going on-line to www.kingsdominion.com. Click on 'tickets,' then 'corporate partner.' Your company ID is HERO!!
- 2) by mail to Kings Dominion, 2011 ES&FR Days, P.O. Box 2000, Doswell, VA 23407 or
- 3) by phone to (804) 876-5561.

There will also be an All-You-Can-Eat picnic with adult and child priced meals.

DISCOUNT RATES APPLY FOR ENTIRE MONTH OF JULY.