

“CORRECTION CONNECTION”

Mission Statement

The Agency provides education, training, and treatment designed to encourage positive changes and meet the rehabilitative needs of offenders. We are committed to enhancing public safety through the utilization of evidence-based practices to reduce the rate of recidivism while promoting efficiency and economy in the delivery of correctional services. We are dedicated to improving quality of life and public safety by being professional and non-judgmental with respect to individual needs; being proactive through accountability, empathy and encouragement to support offenders; and creating awareness to empower individuals to make positive changes resulting in an alternative lifestyle to live productively and lawfully.

Riverside Criminal Justice Agency

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SPOTLIGHT: MARY K. MARTIN, Defense Attorney



I was born and raised in Richmond, VA. Although I liked to argue from the time I was young and I've never been afraid to step up on a stage, I think it is unlikely that anyone would have predicted I would devote my professional career to representing criminal defendants. I led a very sheltered life.

While in law school at Washington & Lee University, School of Law, I studied the usual subjects – property, contracts, and remedies. But I soon found out the topics I most enjoyed were related to criminal law. I participated in a program providing post-conviction legal assistance to women in the Federal Correctional Institute in Alderson, W.Va. At that point I decided I

wasn't interested in going the “big firm” route.

My first job after law school was clerking for Judge James Benton on the VA Court of Appeals. I spent a year reading case law, writing memorandum opinions and listening to attorneys argue. The VA Court of Appeals hears mostly criminal cases and I got very good at researching, analyzing and drafting briefs – all skills which continue to serve me well today.

When the clerkship ended, I spent 8 years as an attorney with the Petersburg Public Defenders Office. That remains my favorite job. I didn't have to worry about money or worry about getting bored. I would walk into a court on any given day with 10 to 15 files in my hand and try cases. What a lot of people don't realize is that criminal defense attorneys aren't just motivated by a desire to help those people who can't help themselves within the structure of the judicial system – we go to court because we like to fight! It

is exhilarating – a lot of attorneys will talk about having a “court buzz” after a good day.

I started working at Eliades & Eliades in 2000 – I enjoyed working in Hopewell and I really liked going to other courts – Prince George, Chesterfield, Richmond, etc. I opened my own office in Hopewell in 2006 and I am still plugging along.

I tell people that I love my job and I am doing what I was meant to do. Most of the time, that's true. I don't mean to sound flip or callous, but I would, and I have, represented anyone charged with any offense. This does not mean I am “pro-crime” – I am not. There are some people who have given up their right to live free by their bad actions. There are some people who deserve a break or need a break. There are some people who are not guilty of the crime they have been accused of committing. There are some people who are too scared or too unfamiliar to navigate through the criminal justice system. I want my clients to understand what is happening to them and why it is happening. I want them to have the tools to make the hard decisions about their cases.

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PERSONAL SAFETY TIP: CYBERCRIME



What is it? Cybercrime refers to crime conducted online. It includes tax and welfare fraud, credit card fraud, and the non-delivery of purchases. It also includes scams, such as fraudulent investments and online auctions.

How does it affect people? Cybercrime costs the victims—and society as a whole—billions of dollars. Consider an example. Sandra received an e-mail that she assumed was from her bank asking her to update her online banking details. Minutes after sending her personal particulars, she was alarmed to see that \$4000 had been transferred from her account to a foreign bank. Sandra quickly discovered

that she had been scammed.

What can you do? *Be wary!* Do not be fooled by professional-looking Web sites, and keep in mind that legitimate financial institutions will not ask you to e-mail highly confidential information. Before buying or investing online, ascertain the company's reputation. Be cautious when dealing with companies located in foreign lands. If problems arise, it can

Be harder to resolve them.

Analyze a company and its policies! Ask yourself: 'What is the company's physical address? Is the phone number correct? Will my purchase involve hidden costs? When will my order be delivered? Can it be returned or refunded?'

Be suspicious if an offer looks to good to be true! The higher the promised return, the higher the risk.

County Participation

RCJA staff participated in the 2013 National Night Out Event in Country Aire for the second year in a row.



RCJA staff participated in the 2013 Back to School Fair on behalf of PG Promise.



Office Tidbits

- ◆ Staff participated in a condensed version of Meyers Briggs Personality Testing
- ◆ Staff participated in site visits to other agencies similar in characteristics to our own
- ◆ Pretrial staff continue to participate in STEPS Training as part of the research project being administered through DCJS
- ◆ Employee satisfaction survey was completed with excellent results for the department



Training Events

June 2013

- ◇ PO Leigh Romero completed an online course on Hardcore Drunk Drivers.

August 2013

- ◇ Director Bettina Coghill, Senior PO Tracey Jordan-Fotias and the Drug Court team attended the Drug Court Conference in Portsmouth.
- ◇ Director Coghill, PO Justin Gigli, PO Leigh Romero, and PO Vern Phelps were all recertified for VCIN operation.
- ◇ PT Investigator Charles Ware attended the Crimes Against Women Conference

8 Ways to Bust Through a Weight-Loss Plateau

Change your workout and the time of day you workout, says Franklin Antoian personal trainer. Different workouts at different times of the day shakes things up and provides some additional calorie burn.

Limit your carbs to non-starchy veggies, beans and whole grains says Ann Kulze, M.D.. Cut out all fruit and any flour-based grain products including 100% whole wheat or whole grain varieties for a few weeks even after you reach your goal. This helps boost insulin action, which kicks up metabolism.

Incorporate at least two days of HIT (high intensity interval) exercise, says Kulze. HIT alternating very brief (30-second to 1-minute) bursts of intense aerobic activity with three-to-four minutes of very light activity. Even a couple of HIT intervals twice a week will get you off the plateau.

Stop eating several hours before you go to bed, says Tom Holland, exercise physiologist. Many people don't eat enough during the day and then take in excess calories at night. Eliminating late night eating makes it important to plan better and eat healthier during the day.

Move, even when you're not exercising, says Scott Danberg, fitness director. Staying active throughout the day increases the fat calories you burn. Avoid being an exerciser who stays sedentary before and after a workout. Get up from your desk chair every hour or so and walk around the office.

Beware of "diet" foods, says J.J. Virgin, nutrition and fitness expert. Even 'lite' coffee drinks can be packed with more sugar than regular versions. Swap a bag full of "healthy" crunchy snacks for a handful of raw almonds and watch those last few pounds fall off.

Try a one or two day cleanse, says Holland. A fruit or vegetable cleanse isn't something you want to do for longer than a day or two, but it can be helpful for taking off those last few pounds and jump starting a healthy eating plan.

Post it online. Let your goals be known to your friends on your social media outlets, says Brian Durbin, owner of Fitness Together. Verbalizing it in this environment forces you to more fully commit to our goals. Plus, you have the support from a network of your friends who are also trying to accomplish similar objectives.



Recipe Corner



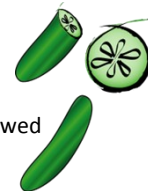
Green Breakfast Smoothie

Combine 1 cup crushed ice
 3/4 cup unsweetened apple juice
 2 cups fresh baby spinach
 1 medium pear, coarsely chopped
 1 medium ripe avocado, peeled and cubed
 3 tbsp honey
 Toss into a blender; cover and process until smooth.
 Serve in chilled glasses.



Cucumber Punch

2 medium cucumbers
 3 cups water
 1 can (12 oz.) frozen lemonade concentrate, thawed
 2 liters diet ginger ale, chilled
 4½ cups diet grapefruit or citrus soda, chilled
 Score cucumbers lengthwise; cut widthwise into thin slices. In a larger pitcher, combine water and lemonade concentrate; add cucumbers. Cover and refrigerate overnight. Just before serving, transfer cucumber mixture to a punch bowl; stir in ginger ale and grapefruit soda.



More Office News

Our agency staff members participated in site visits to other agencies that shared similar characteristics to our own. Staff visited these agencies with specific areas of interest in mind or questions related to their daily routines and workloads. Staff enjoyed these visits, and it was a great learning experience! The A big THANK YOU goes out to those agencies that allowed staff to shadow their employees for a day: Colonial Community Corrections, Hampton/Newport News Criminal Justice Agency, Chesterfield/ Colonial Heights Community Corrections, and Hanover Community Corrections.



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WELCOME NEW STAFF

Tracy Adams, Office Associate I,
Start date May 16th

Aaron Evans, Senior Pretrial Officer,
Start date September 1

They come to us with a great
deal of experience.
Welcome aboard!

QUOTES

"The greater danger for most of us is not
that our aim is too high and we miss it, but
that it is too low and we hit it."
~ Michelangelo

**Life consists not in holding
good cards, but in playing those
you hold well.**

**EVERYTHING WILL BE OKAY IN THE END.
IF IT'S NOT OKAY, IT'S NOT THE END.**

Be happy. Be yourself. If others don't like it, then let them be. Happiness is a choice.
Life isn't about pleasing everybody.

Happiness is a choice, not a result. Nothing will make you happy until you choose to
be happy.

POINTS TO PONDER... *Something to Take Away*

"All I Really Need to Know I Learned in Kindergarten"

by Robert Fulghum

Share everything. Play fair. Don't hit
people.

Put things back where you found them.
Clean up your own mess

Don't take things that aren't yours. Say
you're sorry when you hurt somebody.

*Live a balanced life. Learn some
and think some. Take a nap
every afternoon.*

Draw and paint and sing and dance and
play and work every day some.

When you go out into the world, watch
out for traffic, hold hands and stick
together.

Be aware of wonder. Remember the
little seed in the plastic cup: the roots
go down and the plant goes up and
nobody really knows how or why but
we are all like that.

Remember the Dick & Jane books and
the first word you learned – the biggest
word of all – LOOK.

Hide and seek grown up style. Wanting
to hide. Needing to be sought. Con-
fused about being found.

Speed and efficiency do not always
increase the quality of life.

HAPPINESS

Did you know that happiness is a
choice? Just think about it. How can
someone who has everything in life be
miserable yet someone that hardly has
anything can be amazingly happy? It
comes down to what they choose. Hap-
piness is a choice that you must make.
Here are 3 keys to help you choose hap-
piness.

1. Don't be led by emotions.
Emotions are very powerful but can be
dangerous if you don't control them. If
you are led by your emotions it will be
difficult to continually be happy. Emo-
tions change with every little thing that

happens if you let them. Happiness is a
choice you have to make regardless of your
outside circumstances. The better control you
have of your emotions the more you are able
to choose to be happy.

2. Set yourself up to be happy.
Most people actually set themselves up to be
unhappy. They set the rules for happiness so
high that it's practically impossible to reach
them. Are the rules that you have set to be
happy too hard? For instance, is one of your
rules for happiness that you feel happy when
you are successful? If so, being successful all
the time is hard to do; the odds are that you
will be unhappy more than you will be happy
if this is your rule. Make your rules realistic
and you will be happier.

3. Choose your thoughts wisely.
Happiness is a choice, and therefore starts in
your mind. If you think on things that are
unhappy, you will be unhappy. Begin the
process of being happy by changing what you
think on. You have a choice of what you are
going to dwell on so make the choice to think
about happy things.