



THE INFORMER

The Georgia Jail Association Newsletter

WINTER 2018

Lake Blackshear to Host 2018 GJA Conference



The Georgia Jail Association is pleased to announce that the 2018 GJA Summer Conference and Vendor Show will be held at Lake Blackshear Resort and Golf Club, located near Cordele, Georgia. The conference dates will be June 3rd through June 7th, 2018.

Lake Blackshear Resort and Golf Club is located in the heart of Georgia Veterans Memorial State Park. This beautiful location is surrounded by boating and fishing opportunities, an award winning golf course, fine and casual dining, and excellent conference facilities.

Lodging

Lake Blackshear Lodge has several guest accommodations options to select from. There are rooms directly within the main lodge building or 64 spacious Villa guest rooms that include patios or screened balconies.

All Lodge guest rooms are comfortably appointed with stylish furnishings, dual high speed internet work stations, an in-room mini-refrigerator, complimentary coffee service and a complimentary morning newspaper at the front desk.

There are also 10 scenic lakeside Cabins available. Each cabin features two bedrooms with two double beds in each bedroom, a large bath, a complete kitchen, a spacious screened porch with rocking chairs, and an outdoor grill and picnic table

Dining

There are two dining options on the Lake Blackshear Resort property. The main lodge features Cordelia's, with great views of the lake and the garden areas. Cordelia's serves breakfast, lunch and dinner. The restaurant is named for the daughter of Samuel Hawkins, the founder of the nearby city of Cordele, Cordelia's and is the perfect place for a casual relaxing country breakfast, a leisurely lunch, or an elegant dinner. domestic beer. Located just beside Cordelia's in the 88's Lounge.

Located right at the shore of Lake Blackshear is The Cypress Grill at The Marina. The restaurant is accessible from the lodge or by boat. The Cypress Grill offers indoor and

outdoor casual dining (burgers, sandwiches, wings). Open seasonally, The Cypress Grill is the ideal place to kick back for lunch or dinner and enjoy your lake day or take in the nighttime entertainment such as live bands and karaoke nights.

Golf and Outdoor Activities

Lake Blackshear Resort is home to the Georgia Veterans Memorial Golf Course, designed by Denis Griffiths and ranked by Golf Digest as a four star course. The course offers a full-service clubhouse complete with food and beverage service as well as private meeting space.

Lake Blackshear itself is a 8,500 acre watersports and fishing lake. Watercraft are available for rental at the marina. With the resort located within the state park, hiking and children's activities are closely available.

With more than 10,000-square-foot of state-of-the-art conference space plus scenic outdoor venues, the Conference Center at Lake Blackshear Resort & Golf Club can accommodate up to 450 people in a comfortable setting complete with ergonomically-designed armchairs and tables, high-speed Internet access, as well as onsite A/V and business services.



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Use of Force, Excited Delirium Topics at 2017 GJA Winter Training Day

Jamille Bradfield, Atlanta Department of Corrections

The Georgia Jail Association hosted its annual Winter Training Day on December 6, 2017, at the Atlanta City Detention Center. The event, dubbed the “Last Op” Year-End Training, featured three sessions including Excited Delirium presented by Lieutenant Dan Coles of the Barrow County Sheriff’s Office, Cultural Awareness presented by Officer Reinaldo Perez of City of Atlanta Department of Corrections, and Use of Force and De-escalation Options for Gaining Compliance presented by Lieutenant Anita Frasier of the DeKalb County Police Department. The one-day training provided eight hours of POST credit to attendees.

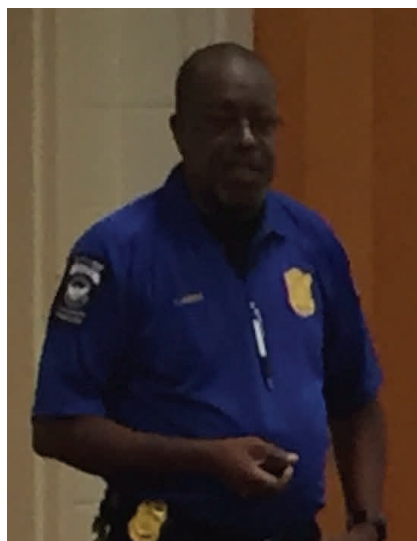
“The Georgia Jail Association prides itself on providing training opportunities not only for corrections personnel but for all law enforcement agencies to gain a better understanding of the various policies, procedures, challenges and trends that we are seeing at detention centers across the state,” said Chief Patrick Labat, City of Atlanta Department of Corrections and GJA President. “This was our second consecutive year hosting GJA’s Winter Training Day and I hope the participants took advantage of the networking opportunities and found the training topics engaging and relevant to their day-to-day operations at their respective agencies.”

Special thanks to the following agencies for participating in the

2017 Winter Training Day: the Atlanta Police Department, Atlanta Department of Corrections, Barrow County Sheriff’s Office, Bartow County Sheriff’s Office, Clarke County Sheriff’s Office, Clayton County Police Department, Clayton County Sheriff’s Office, DeKalb County Sheriff’s Office, DeKalb County Police Department, Fayette County Sheriff’s Office, Fulton County Sheriff’s Office, Fulton County Solicitor’s Office, GPSTC; Gwinnett County Sheriff’s Office, Hall County Marshal, Hall County Correctional Institute, Marshallville Police Department, McIntosh County Sheriff’s Office, Moultrie Police Department, U.S. Postal Police, Reinhardt University, Richmond County Sheriff’s Office, Rockdale County Sheriff’s Office, Savannah-Chatham Police Department, Spalding County Sheriff’s Office, and the Thomas County Sheriff’s Office.



**Lieutenant Anita Frasier,
DeKalb County P. D.**



**Officer Reinaldo Perez,
Atlanta Dept. of Corrections**

**(Left) Lieutenant Dan Coles,
Barrow County Sheriff’s Office**



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Ministry in Women's Prison in Alto Leads Five to Seek Confirmation

Nichole Golden, The Georgia Bulletin

Note: The Georgia Jail Association gratefully acknowledges Ms. Nichole Golden and The Georgia Bulletin, the newspaper of the Catholic Archdiocese of Atlanta, for allowing the use of this article and to edit it for space considerations. The original article can be read in full at www.georgiabulletin.org

Five inmates of Arrendale State Prison for women in rural Habersham County were confirmed in the Catholic Church May 2, receiving the sacrament in the prison.

Archbishop Wilton D. Gregory celebrated the Tuesday evening Mass with 22 inmates and volunteers from the St. Joseph Cafasso Prison Ministries and Deacon Richard Tolcher, director of the archdiocesan Prison and Jail Ministry. Earlier the archbishop met with Warden Kathleen Kennedy and chaplain Susan Bishop.

Paul Caruso, a parishioner of St. Thomas Aquinas Church in Alpharetta, founded the nonprofit St. Joseph Cafasso ministry. He and Deacon Bernie Casey visit Arrendale with a team of volunteers. During a two-hour block of time on Tuesdays, they teach Christian initiation classes, lead prayer and hold Communion services. When available, priests come to hear confessions and celebrate Mass in a concrete-block classroom.

As the group waited for inmates to arrive from dormitories, some of the women helped Deacon Casey and the archbishop prepare the altar. Some chatted while others sat quietly with rosary beads in hand. Caruso gave his customary reminder to the women about proper demeanor for Mass. "No one talks. That's how Mama raised you. It's called respect," said Caruso. "This is the house of God."

"It is a privilege for me to be able to celebrate with you," Archbishop Gregory told the women. "I'm glad we're running out of chairs."

Just home from Rome, Italy, the archbishop shared details of visiting the Basilica of St. John Lateran and attending Mass at St. Peter's Basilica. Archbishop Gregory said although the stained glass windows and stones of basilicas can be inspiring, there is no difference in celebrating Mass in Rome or in prison.



Archbishop Wilton D. Gregory celebrates Mass with inmates at Arrendale State Prison. Assisting Archbishop Gregory is Deacon Bernard Casey.

Photo by Michael Alexander/Archdiocese of Atlanta

"Because the church is here. The church is never a building," Archbishop Gregory said. "Because the people are the church in the most important and profound way." Whether inside or outside of prison walls, what matters is how people come together, he said.

"The church is happening because we are gathered in faith," said the archbishop. "It's the same church because it's the same Lord. It's the Lord who makes it holy. It is the Lord who makes us the church, regardless of backgrounds or how we were raised," emphasized the archbishop. "We praise him for his love and fidelity," he said.

The baptismal font was a stainless steel bowl atop a stand draped in a white cloth. Hunter bowed her head over the bowl to receive the sacrament as the archbishop poured a small amount of water from above. The newly baptized woman beamed as fellow inmates clapped.

The archbishop presented a pocket-size New Testament to each of those confirmed and St. Michael the Archangel prayer cards to all of the women at Mass. Archbishop Gregory acknowledged the volunteers and inmates who helped prepare the women for the sacraments by serving as sponsors. "I thank them from the

Continued on Page

Facing the Fears of Fentanyl Exposure: Protecting Law Enforcement

3m United States

ST. PAUL, Minn. – Fentanyl. It is a major factor in the opioid epidemic and considered to be one of the deadliest illicit drugs on the market. From the singer Prince to teens in small towns, fentanyl has been linked to many drug overdoses and deaths. For first responders like police officers and paramedics, accidental exposure to the drug can prove to be quite harmful.

As a member of law enforcement who may routinely conduct drug raids, drug arrests, respond to potential opioid overdoses and other situations where drugs such as fentanyl may be present, it is crucial that you take the necessary precautions to protect your body from the effects of fentanyl exposure. You should understand the potential risks as well as the personal protective equipment available to help prevent accidental fentanyl exposure.

What Exactly is Fentanyl?

Fentanyl was originally developed as a rapid-acting synthetic opioid to be used as a prescription medication for severe pain. When prescribed for pain relief, fentanyl, and its analogues, generally come in the form of a transdermal patch worn by patients. This patch allows the drug to provide immediate relief through skin contact, but it is also slowly released and absorbed through the body over the course of several days since the drug is so powerful. According to the Food and Drug Administration (FDA), fentanyl is about 50 to 100 times more potent than heroin or morphine.

However, it is the recreational use of this potent drug that is rapidly creating a hazard from small towns to large cities. There is a growing illegal market in which individuals buy large amounts of the drug in a powder form and compress it into tablets to be sold illicitly. Law enforcement around the country are reporting coming into contact with fentanyl in powder, tablet or liquid form.

Likewise, law enforcement professionals are also reporting a spike in seeing fentanyl analogues as part of drug trafficking busts. Take for instance, Carfentanil, which is only a few molecules different from fentanyl, but is even more potent and dangerous. Carfentanil is often up to 10,000 times more powerful than morphine. It is traditionally used to tranquilize large animals like elephants, but is also increasingly found being made and distributed on the illegal market.

What Effects Occur Due to Exposure?

Inhalation of the powder form is a likely exposure route for modified-illicit fentanyl. A small amount of fentanyl that has been aerosolized can affect a person quickly. Potential exposure routes of greatest concern typically include inhalation, interaction with the eyes or nose (mucous membrane contact), ingestion or from a needle stick.

Exposure can cause an onset of adverse health effects such as:

- Disorientation
- Coughing
- Sedation

More importantly, according to the U.S. Drug Enforcement Agency (DEA), respiratory distress or cardiac arrest can occur within minutes of exposure from as small a dose as 2 milligrams.

PPE for Protection from Fentanyl Exposure

The following PPE recommendations, provided by the U.S. Centers for Disease Control (CDC) and the National Institute of Occupational Health and Safety (NIOSH), apply to routine activities after an arrest or search warrant execution, such as evidence collection activities. This guidance applies to powder, pill, and liquid forms of fentanyl or its analogs that may be present during the evidence collection phase of law enforcement operations.

NIOSH recommends that law enforcement personnel assess the specific risks of each situation and exposure level with regards to fentanyl in order to determine the appropriate personal protective equipment (PPE) to protect against respiratory and/or dermal hazards, including accidental inhalation or skin exposure.

The following serves as a general discussion of potential PPE options. To learn more about what specific PPE products and models can be used to help protect law enforcement from fentanyl depending on the exposure level conditions, please download our whitepaper.

Eye Protection

Safety goggles should be worn for eye protection. For instance, an indirect vented goggle with a high performance anti-fog coating can help officers who need a

Continued Pg. 17

Excessive Force in Correctional Facilities

Brian Batterton, Attorney, Legal & Liability Risk Management Institute

On December 21, 2016, the Eighth Circuit Court of Appeals of decided *Ward v. Smith et al.*[i], which is instructive concerning law pertaining to excessive force **on convicted inmates of correctional facilities under the Eighth Amendment.** (*emphasis added*) The relevant facts of Ward, taken directly from the case, are as follows:

On October 26, 2009, Ward was an inmate of the Missouri Department of Corrections (MDOC) as a convicted person serving a sentence of imprisonment and was housed in the Administrative Segregation Unit (Ad Seg) at the South Central Correctional Center (SCCC). Officers Smith and Merriett worked at the SCCC as correctional officers. On that date at approximately 9:20 p.m., Officer Merriett ordered Ward to stop talking to another inmate who was housed in a different cell in Ad Seg. Ward refused the order. Officer Smith approached Ward's cell and ordered Ward to submit to wrist restraints, which would require Ward to place his hands behind his back and through a food port for an officer to apply handcuffs, in order for correctional staff to search Ward's cell. Ward refused the order to submit to wrist restraints.

Officer Smith contacted SCCC medical staff and confirmed that Ward had no medical condition that would prohibit the use of pepper spray to force Ward to comply with the order, and then Officer Smith received authorization from the shift supervisor to use force in the form of pepper spray. Officers Smith and Merriett and a third correctional officer approached Ward's cell, ordered him to submit to restraints, and when he refused administered a three-to-five second burst of pepper spray through the food port in Ward's cell. Approximately ten minutes later, Officer Smith again asked Ward to comply with the order to submit to wrist restraints, and this time Ward refused and placed his mattress in front of his food port. Officer Merriett moved the mattress aside using a barricade removal assistance device, and Officer Smith administered a second round of pepper spray into Ward's cell. During this second incident, Ward received a small cut on his arm.

Shortly thereafter, Ward complied with the request to submit to the wrist restraints. He was restrained, removed from his cell, and placed in a strip-out cell in the Ad Seg unit. The strip-out cell is approximately the size of a telephone booth. The officers removed the wrist restraints, strip searched Ward, removed his clothing from his possession, and provided him a security smock, which is a thin, padded blanket that can be placed over the body to cover the front and back but is open on the sides. Ward tied the smock around his lower body. A jail

nurse treated the cut on Ward's arm by washing it with saline solution and placing a bandage over the cut. After officers had completed the search of Ward's cell and removed all personal items as punishment for Ward's failure to comply with an order, Officer Smith approached Ward in the strip-out cell and ordered him to again submit to wrist restraints so that he could be transported back to his cell. Ward responded by placing his hands over his face, and Officer Smith administered pepper spray directly toward Ward's face through the grated walls of the strip-out cell. Ward began coughing and claimed that he had asthma. The nurse returned and confirmed through an oximeter that Ward's oxygen levels were normal.

Officer Smith returned to the strip-out cell and ordered Ward to submit to the wrist restraints. Ward responded by covering his head and upper body with the security smock. Officer Smith placed the pepper spray canister at the food port of the strip-out cell and sprayed the pepper spray for a few seconds at a distance of less than three feet from Ward. Officer Smith claimed he was attempting to direct the spray underneath the security smock and towards Ward's face. At least some of the pepper spray made contact with Ward's bare genitals. After a few minutes, Ward agreed to be restrained, and he was then returned to his cell where he had access to running water but not soap.[ii]

Ward filed suit in federal district court and alleged, among other things, that the officers violated the Eighth Amendment by subjecting him to cruel and unusual punishment when they pepper sprayed him. After a bench trial, the district court judge found in favor of the officers and held that the officers did not violate the Eighth Amendment. Ward appealed the verdict to the Eighth Circuit Court of Appeals.

On appeal, Ward alleged that the trial court committed error in its verdict. The court of appeals first noted the standard by which they must review this case since it involved a bench trial. The court noted that, because the district court's decision was reached after a bench trial, the court must review legal questions *de novo* and factual determinations for "clear error." "Clear error" occurs when the court's findings are:

[N]ot supported by substantial evidence in the record, if the finding[s are] based on an erroneous view of the law, or if we are left with the definite and firm conviction that an error has been made.[iii]

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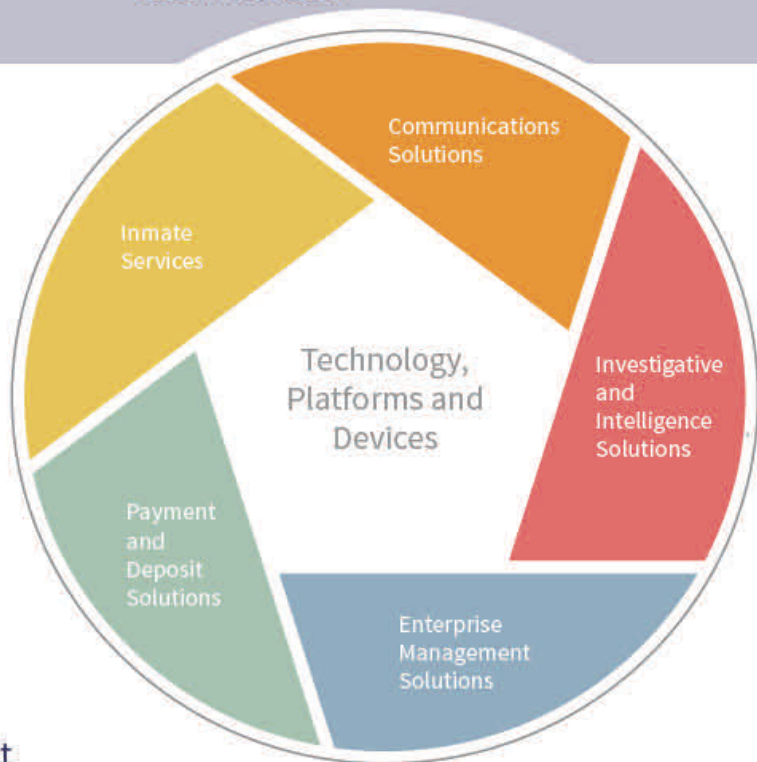
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Solutions for Life

Forsyth County Justice Center Cumming, GA

Over the lifespan of the jail and courthouse, Forsyth County will spend more than \$2 million per year to own, staff, operate, and maintain the facilities. From the outset of the project, the County knew that it needed to find savings where possible to sustain its justice operations.

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(Photo Credit: Brian Gassel Photography)

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“I’ve Got Your Back” Revisited

Rick Almand, Certified Personal Trainer



Rick Almand

Statistics indicate that 80% of adults will have some type of back problem in their lifetime. For those of us who have strained our lower back (count me in that group), we know full well how the lower back muscles are involved in virtually any move we make.

When we are experiencing that certain back pain, many is the time you had to adjust what you were doing, be it getting out of the car or carrying in your groceries, so the pain would not get any worse. And it might take several days for that discomfort to depart, during which time you were limited in whatever you wanted to do.

It's Job Description

I always ask my clients "What is the function of your core? What is its job description?" You need to understand that your core, the muscles, tendons and ligaments that surround the center of our body, have a distinct function different from your upper and lower body.

While every muscle group above and below your waist is designed to go through various ranges of movement (defined as isotonic), your core has an antagonistic movement assignment. The primary purpose of your core is to stabilize (defined as isometric). Whether you are throwing a football, carrying out your garbage or picking up your grandchild, every time you engage an external

weight or execute a dynamic movement, notice that your core immediately tightens to support that action.

Have you also noted how your lower back seems to be the muscle grouping that fatigues initially and habitually? There is a simple explanation as to why. On every occasion you get on your feet and engage in an activity, you trigger your core, which is now doing its best to protect you from injury. Your core rarely rests while your upper and lower body periodically gets a break.

How Did I Do That?

Working out with dumbbells, barbells or kettle balls, you learn proper lifting techniques, proper form. There is a golden rule when engaging weights. When you lose form, you should stop lifting. Otherwise, your odds for injury go up.

In the gym, you are focused on what you are doing but, once you leave the gym, you get in a hurry and become distracted. The result: In most cases, that lower back pain you just incurred, was surprisingly not from your workout that day, but because you didn't have good posture when you were going about your usual routine. You were not thinking about your body position when you went to lift up your grandchild, tote your luggage or move a piece of furniture.

Don't Be in a Hurry

Try to keep your head up, your shoulders back and make sure your feet are properly positioned before hoisting any external weight. Also, prior to picking up something, make sure to contract your core muscles to help stability. If your skeletal structure is in correct alignment each time, your muscles can do their job better so your back will be less vulnerable to injury.

Whether you are picking up a box of books, lifting a barbell or taking bags of topsoil out of your pickup, you must have good form with each and

every lift in order to maximize your efforts and minimize potential harm. Also, where applicable, make sure your grip is symmetrical so you are centered on that weight.

Strengthen and.....

While doing everything right with your lifting technique will help greatly, if you aren't about the business of strengthening your core (abdominals and lower back), the core will progressively lose its fundamental ability to steady you and, when that happens, those bothersome back pains can turn into a debilitation event, one that directly affects your work and play for days (or weeks).

While there are many techniques for enhancing your core's overall strength that would require one or more columns to describe, let's start with a basic exercise that is familiar to most gym goers - the plank. This isometric (static) positioning of the body causes the core to tighten around your whole circumference. The first goal would be to hold the plank position for 60 seconds. Some reports say that if you can stay in a plank for at least a minute, you are 4X less likely to experience back issues.

.....Stretch

The other area you must address is stretching the back. The function of the lower back (and abdominals) is to support your center and, therefore, support your activity level. This constant support is accomplished by contraction of the muscles. The more contraction, the more tension is built up.


Again, the simplest way to relax the muscles in the lower back is, while you are sitting, spread your feet, put your forearms on the top of your thighs and lean forward. You will immediately feel the stretch as tension is released from the lower back. It's simple and it works.

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Excessive Force in Correctional Facilities (cont. from pg. 6)

Next, the court of appeals examined the law regarding Eighth Amendment violations and use of force in correctional facilities. The court, in describing the Eighth Amendment legal standard for cruel and unusual punishment, stated:

After incarceration, only the unnecessary and wanton infliction of pain . . . constitutes cruel and unusual punishment forbidden by the Eighth Amendment." *Whitley v. Albers*, 475 U.S. 312, 319 (1986) (alteration in original) (quotation omitted). "The infliction of pain in the course of a prison security measure, therefore, does not amount to cruel and unusual punishment simply because it may appear in retrospect that the degree of force authorized or applied for security purposes was unreasonable, and hence unnecessary in the strict sense." *Id.* Instead, when a court determines whether a correctional officer's use of force was excessive and in violation of the Eighth Amendment, the court must determine "whether force was applied in a good-faith effort to maintain or restore discipline, or maliciously and sadistically to cause harm." *Hudson v. McMillian*, 503 U.S. 1, 6-7 (1992). "Because the use of force is sometimes required in prison settings, guards are liable only if they are completely unjustified in using force, i.e., they are using it maliciously and sadistically." *Irving v. Dormire*, 519 F.3d 441, 446 (8th Cir. 2008)."[iv]

In other words, in order to violate the Eighth Amendment, the officers must have used force "maliciously and sadistically to cause harm" rather than in a "good faith effort to maintain or restore discipline." Further the court described factors that they must consider in determining whether the force was reasonable. The court stated:

Factors to be considered in deciding whether a particular use of force was reasonable are whether there was an objective need for force, the relationship between any such need and the amount of force used, the threat reasonably perceived by the correctional officers, any efforts by the officers to temper the severity of their forceful response, and the extent of the inmate's injury." *Treats v. Morgan*, 308 F.3d 868, 872 (8th Cir. 2002) (citing *Hudson*, 503 U.S. at 7).[v]

Ward argued that the district court erred in (1) determining that the officers did not intentionally spray his genitals with pepper spray, and (2) determining that the officers did not spray Ward to punish him for talking to another inmate. Both of these allegations, would likely equate to a "malicious and sadistic" use of force, if true.

Regarding Ward's first enumeration of error, the court

of appeals stated that a review of the video shows an officer sprayed pepper spray under Ward's smock. The officer testified that while he sprayed it under the smock and some spray may have gotten on Ward's genitals, his intent was to get the pepper spray under the smock into Ward's face in order to cause him to comply with their orders to submit to hand restraints. The court of appeals noted that this would be an issue of weighing credibility which falls under the trial court; further, they held there was no evidence that court committed clear error in crediting the officer's testimony.

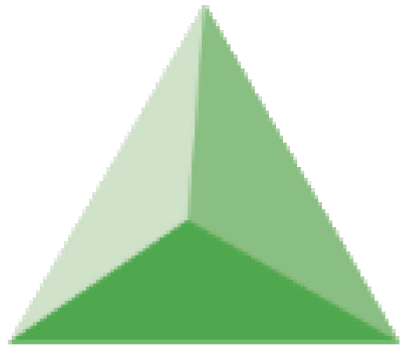
As to Ward's second enumeration of error, the court of appeals noted that the district court found that the officers used pepper spray "only after Ward refused the direct orders to submit to wrist restraints and the use of force was necessary to gain Ward's compliance and maintain the safety and security of SCCC." [vi] Ward alleged he was actually sprayed as punishment for refusing to stop talking to another inmate. The court of appeals observed that Ward did in fact refuse to submit to restraints as ordered by the officers. Further, the video evidence showed that after being sprayed, when Ward finally submitted to the restraints, the officers ceased using force and did not spray him again. Thus, the court did not commit clear error in its ruling based on the evidence.

As such, the court of appeals held that the district court did not commit clear error in its finding and they affirmed the decision of the district court.

CITATIONS:

- [i] No. 15-2583 (8th Cir. Decided December 21, 2016)
- [ii] *Id.* at 2-4
- [iii] *Id.* at 5
- [iv] *Id.* at 5-6
- [v] *Id.* at 6
- [vi] *Id.* at 7

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“I’ve Got Your Back”

(cont. from pg. 12)

Take Your Time

This is worth repeating. No matter how much effort you invest in strengthening or stretching your back, you still stand a high probability of hurting your back if you lift wrong. Take your time and concentrate when lifting, pushing or pulling. The most frustrating thing about injuring your lower back will be, when you realize you didn't take your time, you now have no one to blame but yourself. And, for the next several days, your lower back will periodically remind you of that fact.

Good Luck and Good Health!

Rick

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Ministry in Women's Prison

Following Mass, Archbishop Gregory and Deacon Tolcher met with an inmate unable to attend liturgies because she is segregated from the general prison population. She received the Eucharist for the first time in many years. “It’s probably the most powerful thing I’ve seen in a long time,” said Deacon Tolcher.

The warden and chaplain provided an overview of Arrendale’s vocational training programs to the archbishop. At capacity, the prison can have up to 1,476 inmates, both adults and juveniles convicted of felonies. The academic offerings include GED and literacy programs. Vocational training ranges from auto mechanics to woodworking and welding. Warden Kennedy said programs are all designed to keep people from returning to prison. The Georgia Department of Agriculture works with the Department of Corrections to offer an equine rescue program at Arrendale. Participants learn veterinary assisting skills while caring for horses.

Archbishop Gregory, in turn, shared how he began visiting jails as a seminarian and then as a priest assisting Cardinal Joseph Bernardin of the Archdiocese of Chicago. “I would take him to Cook County,” recalled the archbishop. The Cook County Jail in Chicago takes up eight city blocks and typically has a daily population of 9,000 inmates awaiting trial. It would prove to be invaluable pastoral experience for Archbishop Gregory. He visits Georgia’s death row inmates at Georgia Diagnostic and Classification Prison in Jackson whenever possible. He met with one man prior to execution whose only request was for the archbishop to send a letter to the inmate’s estranged daughters. Archbishop Gregory heard the last confession of Catholic inmate Josh Bishop before his 2016 execution, telling Deacon Tolcher afterward, “That’s why I became a priest.”

In the meeting with prison staff and ministry volunteers, Archbishop Gregory said his interaction with others, including prisoners, is most important. “I have administrative responsibilities that I have to do, but that’s not what warms the heart,” he said. The archbishop expressed delight that Caruso and Deacon Casey have made work at Arrendale a priority. “This has been a very faithful team,” said Bishop, the prison chaplain, about the Catholic volunteers. “Rain, sleet or snow, you can always count on this team here.”

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Photo Michael Alexander/Archdiocese of Atlanta

Facing the Fears of Fentanyl Exposure (cont. from pg. 5)

clear field of vision to analyze the scene and avoid exposure. The vented portion of this type of goggle is designed so that no direct straight-line passage from the exterior to the interior of the goggle exists. The purpose of the indirect venting is to limit or prevent the passage of liquid splash and dust into the goggle, which can help avoid fentanyl exposure when it has been aerosolized, vaporized or part of a liquid mix.

Respiratory PPE Choices

Depending on the level of exposure, there are different types of respiratory protection options that may be used to protect against accidental fentanyl exposure. These NIOSH-approved respiratory options include:

- A NIOSH-approved filtering facepiece respirator, in which case eye protection should also be worn
- A tight-fitting half or full face reusable air-purifying respirator with particulate filters
- Chemical, biological, radiological, and nuclear (CBRN) canisters with full face respirators
- Powered air-purifying respirators (PAPRs) with high-efficiency particulate air (HEPA) filters
- A self-contained breathing apparatus (SCBA)

All respirators administered to law enforcement need to be part of an OSHA respirator program and each kind must be fit tested to everyone individually who will be wearing these forms of respiratory PPE.

Protective Apparel

Skin contact is also a potential exposure route, but is not likely to lead to overdose unless large volumes of concentrated powder are encountered over an extended period of time. If visible contamination is promptly removed via soap and water, brief skin contact is not expected to lead to toxic effects.

First responders who are performing any task that would potentially aerosolize Fentanyl, such as sweeping or “burping” bags to remove air, should wear dermal protection that covers their arms and legs. Again, the level of exposure to fentanyl or its analogues, will determine which level of full body PPE may be needed for protection.

In moderate and high exposure situations, coveralls or disposable protective sleeves will help shield law

enforcement personnel. In these exposure settings, disposable boot covers and head covers are also recommended to reduce spread of contamination.

Hand Protection

No matter what the exposure level situation, nitrile gloves are suggested when there is a risk of handling anything that has come into contact with fentanyl-related compounds. While the permeation rate of fentanyl through nitrile is unknown, nitrile generally shows low permeability to other hazardous drug compounds.

Nitrile gloves should be purchased with a minimum thickness of 5 mil (0.127 mm). Powder-free nitrile gloves are recommended since particulates from the glove may absorb the narcotic compounds, which may increase the potential for dermal contact/absorption during doffing and spread contaminants to unintended surfaces. See NIOSH suggestions for specifics on sizing, replacement and double gloving procedures.

Decontamination Procedures

First, follow your own department’s decontamination procedures set up at your facility. Next, it is advised as a best practice by the CDC that law enforcement and first responder personnel should immediately wash hands with soap and water after a potential exposure, including after leaving a scene where fentanyl is known or suspected to be present to avoid potential exposure and to avoid cross contamination. It is important to note that hand sanitizers or bleach solutions should not be used to clean contaminated skin as they can facilitate skin absorption.

Decontamination of reusable PPE and equipment should be done according to the manufacturer’s recommendations. Contaminated single use PPE should be placed in labeled durable 6 mil polyethylene bags and disposed of appropriately.

We encourage you to review your agency guidance and download this helpful whitepaper today to learn more about the dangers of accidental exposure to fentanyl and the specific PPE that can help you in these situations. To learn more on how the 3M Personal Safety Division can help to protect Law Enforcement professionals, please visit our Law Enforcement & Defense Industries page.

What's Cooking GJA?

Bruce Bley

Boursin Stuffed and Prosciutto Wrapped Chicken Breasts

Boursin Stuffed Chicken Breast is one of my favorite dishes. Not only is this an easy recipe to make, it is a recipe with plenty of room to customize and to make your own. At its heart, this is a provincial French recipe that is equally at home as a family meal or on the finest dinner table.

Boursin cheese is a soft creamy cheese originating in the Normandy area of France. Typically, garlic and other herbs are added to the cheese. In this recipe it will be rolled inside thin chicken breasts.

There's not too much measuring or precise details to follow in this recipe, again making it easy to customize to your own taste. This recipe makes four finished breasts. I typically make these from smaller breast pieces and serve two per person.

Ingredients:

4 boneless skinless chicken breasts
1 package Boursin cheese .
4 slices prosciutto (Italian dry-cured ham)
Olive or Grape Seed Oil
Pepper
Salt
Tablespoon of flour
1/2 cup of white wine or chicken stock
Parsley

Optional Ingredients:

1/2 teaspoon Herbs de Province
Sun Dried Tomatoes
Fresh Basil
Fresh Oregano
2 to 3 sprigs of rosemary
Maldon Sea Salt (Finishing Salt)



Directions:

1. Preheat your oven to 400 degrees.
2. Make your Boursin mixture. I add finely chopped sun dried tomatoes, basil, oregano, and a pinch of herbs de province to the cheese. The options here are limitless. You could also add garlic, pepper, crushed pecan, and any other number of items to your mix.
3. Using a meat tenderizer, pound the chicken breasts until they are an even 1/4" thick. Pat dry and lightly season with salt and pepper on both sides.
4. Place a spoonful or two of the Boursin mixture on one end of each piece and roll the chicken, starting at the cheese-topped end. Then wrap the rolled chicken with a slice of prosciutto.
5. Coat the bottom of your cooking surface with olive or grape seed oil. I use and highly recommend an enameled dutch oven for this recipe. Place the rolled chicken on the cooking surface seam-side down, so the prosciutto doesn't unravel. Repeat with each piece of chicken. I will sometimes toss in a sprig or two of rosemary on top of the chicken.
6. Cover and bake for 30 to 35 minutes or until chicken is no longer pink and juices run clear when pierced with a fork or knife.
7. Now to make the sauce. Once the chicken has cooked, remove from the oven. On the stove top deglaze the pan with white wine (preferred) or chicken stock. Reduce the liquid on medium heat while whisking in small amounts flour until thickened. Serve the sauce spooned over the chicken rolls, and sprinkle over some parsley.
8. Prior to serving, I sprinkle a pinch of Maldon Sea Salt over the rolled chicken.

Chaplain's Corner

Al Booker, GJA Chaplain



Good day everyone. I pray that all is well.

Today I would love to share with you a word about balance. About a month ago, at the gym, I noticed a father with his son, and his son's friend working out. They

came in pondering on what they should focus on for the day. Then finally the son said, "guys let's hit the chest today." The others agreed and began with the traditional bench press. The father and son started off with relatively moderate weight, but I noticed the friend was doing something a little different. He placed more weight on the left side of the bar. The father, with a humorous confused look on his face asked, "Buddy what are you doing?" The kid said, "Well I'm stronger on my right side so in order to catch my left side up I'm adding more weight on the left side." So the father, with disbelief in his eyes, watches the kid struggle to lift the bar off the rack and maintain balance. Then suddenly, the weights on the opposite side of the bar began slide off and the father-son team quickly grabbed the bar from the young man. Afterwards, the son was frantically asking his friend, "dude you ok?" and with great shame on his face, he stated, "yeah I'm good." The entire time the father was in tears laughing at the

poor kid. He finally gets up, with a painful look of embarrassment, and says, "I thought I could balance it."

Like this young man, how many of us went through our struggles with balancing things. How many of us put forth so much effort in working overtime that the rest of world is sliding away from us? What are the statistics for marriages across the nation being severed due to the couples focus being elsewhere instead on God and each other?

The truth is we all lose focus. The bible says, "But seek first the kingdom of God and his righteousness, and all these things will added to you. (Matthew 6:33)." My friends, we all have our worries, doubts, and concerns, but understand that when we place God first the weight of the world (in our lives) will be balanced. The balance we seek comes from Him! Let's be intentional on putting God first in our lives. God bless you all!

Let us pray:

Father God we thank you for your love, grace, and mercy that bestow upon our lives. Lord we pray for your peace and direction in our lives. God we ask that you cover all of our brothers and sisters that wear the badge. Guard our hearts as we protect and serve our communities across this country. Lastly, God we pray for balance. Help us to never forget that you are 1st in our lives and no one else. In Jesus name we pray, AMEN.



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