Mark E. Shaylor, Retired Master Sgt. United States Army is interning with RCJA. He was born in Camden, South Carolina, moved to Chester, VA his tenth year of high school, and after graduation, he moved back to South Carolina. Shortly thereafter, Mr. Shaylor joined the US Army.

Mr. Shaylor says he had known since the 11th grade that he wanted to join the military and make it his career. Thus, in 1984, he joined the US Army; he told the recruiter on that November day “I am here to sign up for 20 years”. And he did. Mr. Shaylor served a total of 22 years, 6 months, and 24 days.

Fort Devens, Massachusetts was his first assignment after basic training. Since then, Mr. Shaylor has lived in numerous places to include Fort Knox, Kentucky, Fort Bragg, North Carolina, where he was an Airborne Sapper Jumpmaster, Fort Devens, Massachusetts, Fort Jackson, South Carolina, and Fort Wayne Wright, Alaska, and several places in Germany. And, Mr. Shaylor says he really enjoyed the opportunity to teach a class at West Point.

During his military career, Mr. Shaylor was involved in Desert Storm, and Iraqi Freedom. His last assignment was a 1st Sgt. of the 562nd Engineer Company, 172 SBCT (striker brigade combat team) where he oversaw 226 soldiers. On November 7, 2005 while on combat patrol in Mosul, Iraq, Mr. Shaylor was riding in a striker vehicle on a seven man patrol when a suicide car bomber exploded near their vehicle. Their driver lost control and drove off a bridge falling 30 feet, and landing upside down. All occupants survived, though several were injured. “I suffered a traumatic brain injury, broken neck, broken back along with facial fractures, and two broken fingers. I was placed in a medically induced come for 15 days. And, my recovery took over 18 months, at McGuire and Walter Reed Hospitals where I learned to walk and talk all over again,” says Mr. Shaylor. “It was exactly 21 years to the day that I had signed up for the Army that I had my war injury.”

Mr. Shaylor has a Purple Heart, three Meritorious Service Medals, three ARCOMS or Army commendation medals, seven Army Achievement Medals, two National Defense Medals, a Southwest Asia Service Medal, an Iraqi Campaign Medal, the Global War of Terrorism Medal, the Kuwait Liberation Medal, the Liberation of Kuwait Medal, the Humanitarian Service Medal, and a Good Conduct Medal.

Mr. Shaylor is currently a student at John Tyler Community College where he is majoring in Applied Science with a
The Riverside Community Criminal Justice Board has been spearheading several community-related initiatives that impact the criminal justice system. Huge strides have been made with our local hospital, John Randolph Medical Center, and District 19 Community Services Board regarding mental health services, temporary detention orders, and the availability of bed space. JRH is in the process of creating a Behavioral Health Pavilion, that will house a crisis-drop off center, with security, to allow law enforcement officers to “drop off” individuals in crisis for assessment and possible temporary detention. Sixteen new inpatient beds will also be added as new behavioral health services to the community.

On November 1, 2013, our Third Annual Legislative Breakfast was held at Ft. Lee with our local delegates present; our goal this year was to provide an update of progress made and to thank them for their continued support of our efforts in this area of mental health.

In addition, three of our CCJB members and two RCJA staff have been working with Hopewell Public School Superintendent, Dr. John Fahey, in the development and implementation of a presentation for all students in the 10th and 11th grades. The presentation include three segments. “Its All About Me” included discussions on self-esteem, healthy offenses. The presentations were and unhealthy boundaries, and mental health issues. “Techno Trouble” included discussions on the use of technology, sexting, bullying, and cyber bullying. The final segment “Don’t Do the Crime, If You Can’t Do the Time” included information on juvenile/adult crimes and convictions, drugs and alcohol, and driving very well received by the students. A survey completed by the students revealed 100% satisfaction with the presentations. This initiative will continue to take place in Hopewell High School. A big thank you goes out to the presenters; Mary K. Martin, Attorney at Law, Nat Troth, Juvenile Intake Officer, and Steve Hytry, JRH Director of Behavioral Health Services.

Community outreach, while oftentimes overlooked in the criminal justice system, plays a very vital role. An ounce of prevention is worth a pound of cure. Everyone has heard that saying, but we don’t practice it as often as we should. John Randolph Medical Center has listened to the needs of the community and has responded. Our CCJB has listened to the needs of our three localities and is responding. After the development of the school presentations, we were asked by a citizen to reach out to the juveniles and their parents in one of our local neighborhoods. The police calls for services in this neighborhood were large in number. Thus, CCJB members and staff attended a community meeting in the neighborhood and responded to questions and frustrations of the residents. Most of the information provided were responses and clarifications related to juvenile issues in the neighborhood and the consequences of their actions, protective orders, and the processes utilized by the court system. Once again, the information was very well received, and we continue to be invited to other events to provide additional information. Staff are continuing to pursue additional resources for the residents and are attempting to locate grant funds for playground equipment.

Collaboration and community participation is essential for us to be successful and effective.

**REMEMBER**

"The secret is to gang up on the problem, rather than each other."
~ Thomas Stallkamp

"We could learn a lot from crayons: some are sharp, some are pretty, some are dull, while others are bright, some have weird names, but we have to learn to live in the same box."
~ Anonymous

"As you navigate through the rest of your life, be open to collaboration. Other people and other people’s ideas are often better than your own. Find a group of people who challenge and inspire you, spend a lot of time with them, and it will change your life."
~ Amy Poehler
Every year RCJA participates in an annual team building event by heading up to Camp Hanover. Activities are facilitated by staff from Camp Hanover to learn to challenge ourselves, to increase trust, and to practice thinking outside of the box. It is also a great way for staff to get to know one another on a deeper level and to understand the broad range of all of our personalities. During some of the events, we get a little up close and personal with each other, and closer to nature than some like! Personalities really come out then! At the end of the day, everyone appreciates what we have learned and returns to the office with a better understanding of one another.

Successful work teams are important to accomplish the mission and objectives of any organization. The RCJA Team has the three “C” for a successful team; competence, control, and collaboration!

Staff comments about this event include:
- “My favorite day of the year!”
  ~Justin Gigli
- “It helps staff get to know each other better and work together better”
  ~Charles Ware

20 Healthy and Delicious Snacks to Eat at Your Desk

- banana and almond butter trail mix
- oatmeal peanut butter sandwich
- crackers and low-fat topping cottage cheeses and berries
- apples and cheese granola bars Hummus and veggies pretzels with cheese
- quacamole and chips greek yogurt and fruit
- hard-boiled eggs and veggies smoothies edamame tortilla roll up
- wasabi peas and cranberries apple and almonds warm milk chips and dip

Trail Mix Recipe
Mix 6 almonds or cashews, or 2 tablespoons of pumpkin seeds, with 3/4 cup of high-fiber, low-sugar cereal and 2 tablespoons of raisins or unsweetened dried cranberries. This mix will offer heart-healthy fat from the nuts or seeds, fiber and a serving of fruit for a snack that is balanced and sustaining.

HAPPY VETERANS DAY

Specialization in Social Work. He is due to graduate in May 2014, with his Associates Degree. In addition, Mr. Shaylor is in the process of writing a book, a book to help individuals and family members cope with their traumatic brain injuries. He hopes to have the book completed within the next five years.

Mr. Shaylor enjoys fishing, photography and running. Mr. Shaylor plans to run a 5k in Spring 2014 in Virginia Beach. He currently resides in Prince George County, VA with his wife and four year old daughter. His 21 year old son will graduate Wabash College in Indiana in the Spring of 2014, two days after he graduates from John Tyler Community College.

Prince George County…A global community where families thrive and businesses prosper.
Thinking is the highest mental activity present in humans. All of our achievements and progress are simply the products of thought. The evolution of culture, art, literature, science and technology are all the results of thinking. Thought and action are inseparable - they are actually the two sides of the same coin. All of our deliberate actions start from our deliberate thinking. For a person to do something, you should first see it in your mind’s eye -- you should imagine it, think about it first, before you do it. Thinking starts with a problem and ends in a solution.

Thinking is a tool for adapting ourselves to the physical and social environment in which we are in. Dr. Edward de Bono says that thinking CAN be improved just like any skill because thinking is a skill. The benefits of developing thinking ability thinking skills, one can make achievements; can become successful; can shine in social life; can attain emotional, social and economic maturity and so on. By developing one's thinking abilities, it is possible to transform one's aggressive tendencies, bad temper and other negative tendencies creatively and constructively. It has been found by Dr. Edward de Bono that when school students were taught to think effectively, their ill-temper and aggressive tendencies reduced significantly. In addition, it is necessary we be aware of the errors in thinking. There are five such errors:

1. **Partialism:** This error occurs when the thinker observes the problem through one perspective only. That is, the thinker examines only one or two factors of the problem and arrives at a premature solution.
2. **Adversary Thinking:** This is a "you are wrong, so, I should be right" type of reasoning.
3. **Time Scale Error:** This is a kind of partialism in thinking in which the thinker sees the problem from a limited time-frame. It can be likened to short-sightedness.
4. **Initial Judgment:** Here, the thinker becomes very subjective. Instead of considering the issue or problem objectively, the thinker approaches it with prejudice or bias.
5. **Arrogance and Conceit:** The thinker believes that there is no better solution other than that he has already found. This blocks creativity. Not only individuals but societies and even the whole mankind sometimes fall prey to this error.