

# Snake River Currents

January 19th - January 25th, 2017

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## Educational Programming TV Channel 53

### Science Video 12

**Sunday**  
8:30 AM  
1:30 PM  
7:00 PM  
10:30 PM

**Monday**  
1:30 PM  
7:00 PM

**Tuesday**  
8:30 AM  
1:30 PM  
7:00 PM  
10:30 PM

## Law Library Closure

Complex 1, 2 and 3 Law Libraries will be closed on January 30th & 31st, 2017. It will also be closed on February 1st & 2nd, 2017.

We will be back open on February 3rd, 2017 for deadlines only.

## Healthy Diet

### Reducing Sugars in your Diet



We all know that eating too much sugar has many adverse health effects; the most obvious is weight gain. But did you know that added sugars can increase your risk for type 2 diabetes and heart disease?

Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found in foods such as fruit (fructose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing, or added at the table. They include high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey or fruit juice concentrates.

When these sugars are ingested, it drives your insulin level up, which interferes with your metabolism and can cause these calories to turn into belly fat. Added sugars can have other damaging effects to your health, such as lowering your levels of HDL's (good cholesterol) and increasing LDL's (bad cholesterol) and triglycerides (blood fats).

Bad cholesterol and blood fats clog up arteries and blood vessels leading to heart disease. People who have diets where at least 25 percent of the calories came from added sugar are twice as likely to die from heart disease than those who have diets where added sugars make up less than 10 percent of the food they eat.

Next time when you go through the commissary list, consider choosing a healthier snack such as unsalted nuts or dried fruit, rather than a package of cookies or a candy bar.

Betty Hansen, RDN  
Food Service Administration

## Thank You Cards Needed

The SRCI Dads4life program continually receives donations from community members and organizations for children's books, school supplies and other things to be sent to children of incarcerated fathers. The program sends thank you cards for these donations. We would like to be able to give thank you cards drawn by our very talented population rather than just send a generic thank you card. This allows SRCI to express their thanks, as well as show off these many talents.

If you are interested in drawing a thank you card for a community business or community member who has given a donation, please submit your drawing on cardstock or on paper to B343, Attn: Dads4life. We request that the drawing be on the outside of the card only and the inside left blank. You may



submit more than one drawing or card. Please submit by February 28, 2017. We will recognize the top three submissions in a follow up newsletter article. Pictured here is a recent submission from one of our very talented artists, Mr. Mendoza-Castro. Thank you in advance for your generosity!

## Movies of the Week



R "Blood Father"  
(Mel Gibson, Erin Moriarty, Diego Luna)  
(1h 28min)

An ex-con reunites with his estranged wayward 17-year old daughter in order to protect her from drug dealers who are trying to kill her.



R "The Purge: Election Year"  
(Frank Grillo, Elizabeth Mitchell, Mykelti Williamson)  
(1h 49min)

Years after sparing the man who killed his son, former police sergeant Barnes has become head of security for Senator Charlie Roan, a Presidential candidate targeted for death on Purge night due to her vow to eliminate the Purge.



R "Batman: The Killing Joke"  
(Kevin Conroy, Mark Hamill, Tara Strong)  
(1h 16min)

Based on Alan Moore's graphic novel. As Batman hunts for the escaped Joker, the Clown Prince of Crime attacks the Gordon family to prove a diabolical point mirroring his own fall into madness.



## Weekly Weather Forecast

**Thursday**  
AM Ice  
0/-5



**Friday**  
PM Snow Showers  
1/-3



**Saturday**  
AM Clouds/PM Sun  
0/-6



**Sunday**  
Snow Showers  
0/-5



**Monday**  
Snow Showers  
-2/-7



**Tuesday**  
AM Snow Showers  
-4/-11



**Wednesday**  
PM Snow Showers  
-6/-12



## ODOC Sexual Abuse Advocacy

### PREA Sexual Abuse Advocacy (Support)

After a sexual assault you may want to speak with someone who can assist you with what happens next. Whether you choose to have a forensic exam or not, you can get help from an advocate. The advocate will help you by providing you with information about the process as well as provide emotional support. This help is called advocacy.

Advocates offer survivors information about the different options available to them and support a survivor's decision-making. Advocates do not tell survivors what to do. Advocates are committed to maintaining the highest possible levels of confidentiality in their communication with survivors.

### Community-Based Advocacy Center

**SRCI: Project Dove**  
**PO Box 980**  
**Ontario, OR 97914**  
**(208) 739-5061**

### Role of Advocate

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse.
- Talk with a survivor about their current and ongoing safety.
- Explain reporting options available through PREA.

- Support survivor at a sexual assault forensic medical examination.
- Support survivor at an investigatory interview related to sexual abuse, as requested.
- Educate/teach survivor coping skills for healing from sexual abuse.
- Provide resources and referrals.
- Provide follow-up support.

### An advocate's role is

- Not make decisions or tell a survivor what to do.
- Not tell a survivor whether or not to report.
- Not investigate a crime.
- Not provide legal advice.
- Not be a survivor's friend.
- Not provide therapy.
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information.

### Additional Resources

#### Just Detention International Headquarters

**3325 Wilshire Blvd., Suite 340**  
**Los Angeles, CA 90010**

#### How to Reach an Advocate

Simply dial 711 or the telephone number listed from any inmate telephone. You will be connected directly to the local community-based advocacy center

where the institution you are housed is located. There is no charge when calling 711 or directly dialing the numbers listed.

You may also write to an advocate at the address listed below.

The advocacy centers listed are available to assist you. Regardless of the name of the advocacy center all of them provide sexual abuse support to people of all genders.

Questions about how to reach an advocate may also be directed to a SART member or the ODOC PREA Office.

If you feel you are in immediate danger, contact the nearest staff member or the OIC.

### Options for filing a report of sexual abuse:

- Contact the Inspector General Hotline by dialing 9 on the inmate telephone system.
- File a grievance.
- File an anonymous report with an outside agency by writing to:

### Governor's Office of Constituent Services

**900 Court Street NE, Suite 160**  
**Salem, Oregon 97301**

*(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous.)*

## BCT Students Needed

Have you thought about what you will do when you get out of prison? Do you release in the next 3-7 years and need a new career? Consider the Building Construction Technology 1-Year Certificate Program through Treasure Valley Community College. You can learn current residential and commercial construction industry standards, earn college credits toward an Associate's degree, and receive national certifications for the things you learn through the National Center for Construction Education and Research (NCCER). Following are the requirements to apply:

- Verified GED/HS Diploma
- 3-7 years left on sentence
- No prior Work Based Program, Apprenticeship or BOLI Training completions within current incarceration. Prior degrees/certificates will be reviewed; placement may be prioritized based on previous training or degree when program has an extensive waiting list.
- General Population Status
- No escape history (Counselor/Security will determine)
- COMPASS (College Placement) Test WR; MTH; RD
- Major DR & Program Failure free for nine (9) months at entry of program (minors accepted at the discretion of WBE Committee)

If you meet the above qualifications and are interested in finding out more, please send a kyte requesting an application to C2 Industries @ Box B333. A career in construction is not just another job - it's a promise for an exciting and challenging future. It's a chance to make a difference!



**TREASURE VALLEY**  
**COMMUNITY COLLEGE**

