



Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630



March 12th @ 2:00 AM



Many already know how important it is to have your birth certificate and social security card, but it's worth repeating and even "kyting" about. Aside from the benefits of having your birth certificate while you're still inside, both pieces of identification are essential to your success after release because they are needed to get a job, open a bank account or cash a check, and apply for state or military benefits.

As you approach release and if the DOC does not have a birth certificate or social security card on file for you, you will receive a kyte from the institution records office. Those approaching age 65 will also be sent a kyte if the DOC does not have a birth certificate on record. The kyte will tell you which piece of identification is missing and give you the means to start the application process. Just fill in the information, and forward the kyte to your institution records office. It's as simple as that.

NOTE: To eliminate duplications that could delay your application process, please complete and return only one each of the birth certificate and social security card kyte forms.

Changes in the Photo Shop

The cost of DOC photo tickets has not risen since the photo program began in 2005, despite increases in operating costs such as hardware, ink and photo paper.

In order to keep up with the costs of running the Photo Shop, we are implementing the following changes beginning March 6th, 2017:

- The price of photo tickets will increase by \$0.50. The new prices are:
 - 4 X 6 - \$2.00
 - 5 X 7 - \$2.75
 - 8 X 10 - \$4.50
- To help minimize the price increase we will begin charging for borders, but we are also adding new border options. The new prices are:
 - Standard Borders: \$0.15
 - Deluxe Borders: \$0.25

In the next week you will be receiving the new 2017 calendars and border options.

- We are also excited to announce the new option of ordering 2x3 wallet prints. The wallet prints will come in a set of four on a 4x6 sheet at the price of \$2.00.

20.211.10.006 **The Survivalist – Finest Hour (Book 6)**

An elite group of military assassins are preparing for an assault on the Greenbrier bunker, their mission to remove all traces of President Glass and her supporters. It is up to Deputy Marshal Mason Raines, his giant Irish wolfhound, Bowie, and a beautiful Mossad agent to stop them.

20.211.10.007 **The Survivalist – Last Stand (Book 7)**

Justice is finally at hand. Deputy Marshal Mason Raines is closing in on General Hood and his murderous Black Dogs. To Protect President Glass, he must first find a way through The Greenbrier bunker's blast doors, a feat that will require confronting an unspeakable creature inhabiting the sewers.

20.211.10.008 **The Survivalist – Dark Days (Book 8)**

Still reeling from the death of President Glass, Deputy Marshal Mason Raines finds himself working for the New Colony. Using his unique skills as both lawman and soldier, he leads an elite team tasked with retrieving critical supplies for mankind's last survivors.

Brain Puzzles

UNITS OF TIME

1. A Microsecond is what fraction of a second?
2. A Lustrum is how many years?
3. A Sesquicentennial is how many years?
4. Ephemeral is how long (by definition)?
5. Can you put these in order from longest time period to shortest?
Epoch, Era, Period, Eon

TRIVIA – Music, Arts, and Letters

1. Who is the composer of *Pictures at an Exhibition*?
2. What was the London street address of Sherlock Holmes?

3. In the Sherlock Holmes stories, what is Dr. Watson's first name?
4. What musical opens with the song "Six Months out of a Year"?
5. What are the names of King Lear's three daughters?

MAKING THE GRADE

A class of fewer than 30 students took a test. The results were mixed. One-third of the class received a "B", one-fourth received a "C", one-sixth received a "D", and one-eighth of the class flunked. Everyone else got an "A".

How many students in the class got an "A" on the test?

WCCF Indigent Envelopes Policy

Each institution has specific dates that they process indigent items. This is the WCCF Business Office's policy for Indigent Envelopes.

In order to receive Indigent Envelopes, you must kyte the Business Office. Envelopes are the only indigent item processed by the Business Office.

Indigent Envelope request kytes must be received by the Business Office no later than the 25th of each month. We will begin the review process of envelope requests starting on the 26th of each month. As stated in the Inmate Handbook, Indigent Envelopes will be issued between the 1st and 10th of each month. Business Office workload is the deciding factor on when they are sent out, but it is the Business Office's goal to have the Indigent Envelopes issued as close to the 1st as possible.

In order to be eligible for indigent envelopes at WCCF, you must meet the Eligibility Rules listed below.

Indigent Envelopes - Eligibility Rules

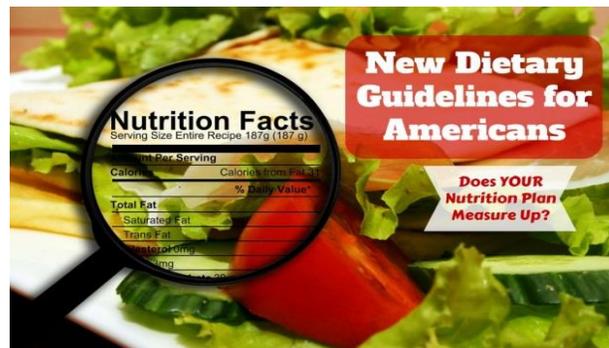
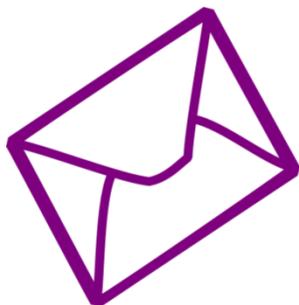
Indigent envelope requests are processed on the 26th of every month. The inmate's eligibility is based on that month's current activities. Eligibility for indigent envelopes is determined from the current month's activities and the rules are as follows:

- 1. The inmate must not have a balance of \$2.90 or more in his account as of the end of the month.***
- 2. The inmate must not have received \$2.90 or more into his account that month.***
- 3. The inmate must not have spent \$2.90 or more from his account for that month.***

If the inmate believes that he is eligible for indigent envelopes, the Business Office must receive the request, via the inmate communication (kyte) system, by close of business on the 25th of each month. If the 25th falls on a weekend, then the request must be received by close of business the following Monday.

When requests are received earlier than the 25th, the Business Office will hold the request and begin the review process on the 26th of the month.

If you are a new inmate just arriving to this institution, and you meet indigent requirements, send a kyte to the Business Office requesting envelopes. You will need to indicate on the kyte that you are new to WCCF. Otherwise, your request will be held for processing on the dates noted in the previous paragraph. If you meet the criteria, we will issue you five (5) envelopes right away. Your next indigent envelope request will not be processed until the 26th of the following month.



Healthy Changes to Mainline Menus

Recently the US Dept. of Health and Human Services and the USDA published the 2015-2020 Dietary Guidelines for Americans. This edition outlines how people can improve their overall dietary eating patterns. The key recommendations include consuming less than 10% of calories per day from added sugars; consuming less than 10% of calories per day from saturated fats and consuming less than 2300 mg per day of sodium.

ODOC can come close to these goals by making a few changes to our mainline menus. In March with the new Spring/Summer menu cycle, we will be reducing desserts to 4 days per week. Not only will the reduction in desserts decrease the sugar in our menus, but fat and calories will decrease as well. An excess of sugar and fat in the diet contributes to weight gain and obesity; potentially leading to diabetes, hypertension and heart disease. The calorie count for the mainline menu will average approx. 2800 calories a day which is closer to the USDA recommendations of 2400-2600 cals per day for a light to moderately active adult male. The calorie count for each meal will continue to be posted in the units.

Betty Hansen, RDN
Food Service Administration
2/27/2017

Commissary News, Updates and Reminders

Price Reductions

Jet Puffed Marshmallows (10 oz.)	\$1.75
Armour Beef Stew (8 oz.)	\$1.75
Obrien's Beef Salami (5 oz.)	\$1.75
LD Red Velvet Christmas Tree	\$1.75
Huy Fong Sriracha Sauce (17 oz.)	\$2.45
Hershey's Candy Cane (1.5 oz.)	\$0.85
Irish Spring Signature 3 in 1 (15 oz.)	\$4.00
Old Spice Bar Soap Swagger (5 oz.)	\$0.95
FP Pink Salmon (3 oz.)	\$1.60
Gracey's Goody Hot Tamales (2.75 oz.)	\$0.80
FP Mackerel in Brine (3.5 oz.)	\$1.25
BC Summer Sausage w/ Cheddar (5 oz.)	\$1.75
Honey Maid Graham Crackers (14.4 oz.)	\$3.00
Coffee Mate Caramel Macchiato (15 oz.)	\$3.50
Emporia Salt & Pepper Set (5.4 oz.)	\$1.75
Spice Time Onion Powder (2.5 oz.)	\$1.50
Sathers Sour Night Crawlers (4 oz.)	\$0.75

*items may not be available at all locations

New Alternative Canteen Order Forms

Beginning February 17th, 2017 there will be a new Alternative Canteen Order Form available. The Alternative Canteen Order Form will not be handed out with the regular weekly Canteen Forms, but will be stationed at various locations around your institution.

As this is a new form and process for us, please be patient and allow 2-3 weeks for delivery while we gain a better understanding of the demand for these items.

Canteen Reminders

All forms must be verified with staff initials
All forms must have legible writing
No extra writing or doodling allowed
All spaces for information must be filled out
If you make an error on a submitted form
resubmit a corrected form with an attached kyte
in the kyte box prior to the due date
IF you must staple forms to the main sheet only
1 staple and staple to the back only

Batteries are recycled so bring them to canteen and we will send them out

**UNIT BOOK ROTATION WILL BE FRIDAY
March 10th.**

**PLEASE RETURN BOOKS TO THE
SHELVES BY THURSDAY.**

**Remember: It is NOT OK to loan a book
checked out to you to another inmate.**

From the Desk of Administrative Rules

Below is a list of status changes for the DOC administrative rules since 12/14/16:

291-013: Use of Chemical Agents in Use of Force Incidents

- This amendment is necessary to clarify the department's method of allowing inmates to decontaminate after having received a direct application of a chemical agent. The inmate will be offered a shower as soon as time and circumstances allow.

291-139: Access to Law Libraries in DOC Facilities

- These modifications are necessary to bring inmate access to law library service, supplies, and equipment current with established processes and practices of the department. These rules have not been revised since 1999, and many of the processes for access to law library service, supplies, and equipment are accomplished through electronic formats.

291-210: Transgender and Intersex (Inmate)

- Currently, the department's rules establish department policies and procedures for the identification, assessment, review and management of inmates in DOC facilities who self-identify or present as transgender or intersex upon delivery to DOC at intake. However, the rules do not clearly set out

department policies and procedures in certain areas of prison administration for these inmates during intake processing, or after facility assignment.

- These rule amendments are necessary in order to more clearly and completely set out the department's policies and procedures in this area of prison administration, and to provide clearer information and direction for Department of Corrections inmates and staff regarding the same. These rule amendments set out and clarify DOC policy and procedures for the identification, assessment, review and management of inmates in DOC facilities who self-identify or present as transgender or intersex upon delivery to DOC at intake and after facility assignment, specifically including those regarding searches; facility and housing assignments; access to department-issued clothing, shower and hygiene; and appropriate and professional questioning by staff. These amendments also reflect certain definitional changes.
- Also temporarily adopted effective 2/15/17.

The last day to submit comments is April 20, 2017.

HOW TO COMMENT: Written comments can be submitted to the Rules Coordinator, DOC, 2575 Center Street NE, Salem, OR 97301-4667.

PERMANENT RULES

None

DOC rules are available for review in the inmate legal library.

Below are proposed administrative rule amendments by the Oregon Board of Parole & Post-Prison Supervision.

- 1. 255-005-0005 – Definitions**
 - a. Define *Reasonable Cause*, grammar and punctuation changes to definitions.
- 2. 255-080-0001 – Exhaustion of Remedies**
 - a. Amend rule for exhausting administrative remedies by adding specifications for the request.
 - b. Adopted as a temporary rule 10-31-2016.
- 3. Exhibits Q1 & Q2 to 255-085-0010, 255-085-0020, 255-060-0011, 255-060-0016 - Sex Offender Risk Assessment Scale, and Definitions and Criteria**
 - a. Updating the Sex Offender Risk Assessment Scale, and Definitions and Criteria to reflect current recidivism methodologies.
 - b. Adopted as a temporary rule 01-03-2017.

Important Health Services News

Due to current nurse staffing, WCCF Health Services will be modifying the hours of operation that will only affect weekend hours. Currently on weekends we are on site from 5:45AM – 9:00PM;

THE NEW HOURS FOR THE WEEKEND WILL BE 7:00AM to 7:00PM

Morning medline will be at 7:00AM, and evening medline will be at 7:00PM on Saturdays and Sundays.

This change will take effect March 1, 2017. The new hours are meant to be temporary, but are effective until further notice.

Thank you, WCCF Health Services

Brain Puzzle Answers –

UNITS OF TIME

1. A Microsecond is one one-millionth of a second
2. A Lustrum is five years.
3. A Sesquicentennial is every 150 years.
4. Ephemeral is one day
5. Eon, Era, Period, Epoch

TRIVIA – Music, Arts, and Letters

1. Modest Mussorgsky
2. 221B Baker Street
3. John
4. Damn Yankees
5. Goneril, Regan, and Cordelia

MAKING THE GRADE

In order for everything to work out in whole numbers, we must have 24 students in the class, because 24 is the only common multiple of 3, 4, 6, and 8 that is less than 30. Adding the fractions gives us $\frac{1}{3} + \frac{1}{4} + \frac{1}{6} + \frac{1}{8} = \frac{8+6+4+3}{24} = \frac{21}{24}$, so 21 students have been accounted for with grades “B” or lower. That means 3 students must have received an “A” on the test.

MATH PUZZLE

3 – The sums of the diagonals are equal.

Toastmaster



Will you be looking for a job when you leave prison? Toastmaster can help you make a better first impression during an interview. More confident and well-spoken an applicant is during an interview the better chance they have of gaining employment. Each week our members work on delivering prepared speeches and also impromptu short speeches. Visitors are always welcome and highly encouraged to attend. If you like to attend a session please kyte Ms. Johnston.

“When we find ourselves facing a difficult decision, more often than not, life dictates that the choice we find least attractive is the correct one.”

~George Roth~

