

July 2nd, 2015

The Santiam Scoop



Santiam Correctional Institution

Always bear in mind that your own
resolution to succeed is more important
than any other. - **Abraham Lincoln**

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Oregon

WORK ASSIGNMENT CHANGES....

SCI has made a number of work assignment changes over the past several days, and will likely continue to make changes as we gear up for fire crews and make arrangements to cover a number of outside work jobs. SCI is a work facility, with a number of crews that we must provide to support our community and agency partners. While we understand that it is sometimes inconvenient to get a new job assignment, it is not an option for this facility to not have work crews available and enough unfenced/community cleared offenders to cover those crews. In the winter

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months we have additional flexibility, and the luxury of allowing some AIC's to remain in an inside job, even if they are community cleared. In the summer months, we do not have that luxury at SCI. Please assist us by showing up on time to call outs for work, or reporting when you are assigned to a crew. Failure to show up when assigned to a work crew will result in progressive discipline, including daily fails, and up to removal from this facility.

Heat-Related Illnesses

When the heat index is high, it's best to stay inside. If you must go outdoors, you can prevent heat exhaustion by taking these steps:

- Wear lightweight, loose-fitting clothing, and a hat.
- Use a sunscreen with an SPF of 30 or more.
- Drink extra fluids. To prevent dehydration, it's generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat-related illness also can result from salt depletion, it may be advisable to substitute an electrolyte-rich sports drink for water during periods of extreme heat and humidity.

Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. During exercise, you should consume another eight ounces of water every

20 minutes even if you don't feel thirsty.

Avoid fluids containing caffeine, because the substance can make you lose more fluids and worsen heat exhaustion.

What are the symptoms of heat-related illnesses?

Heat cramp symptoms include:

- Severe, sometimes disabling, cramps that typically begin suddenly in the hands, calves, or feet.
- Hard, tense muscles.

Heat exhaustion symptoms include:

- Fatigue
- Nausea
- Headaches
- Excessive thirst
- Muscle aches and cramps
- Weakness
- Confusion or anxiety
- Drenching sweats, often accompanied by cold, clammy skin
- Slowed or weakened heartbeat
- Dizziness
- Fainting
- Agitation

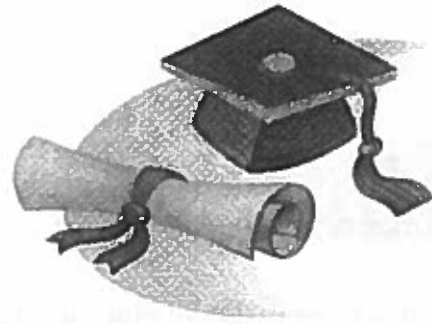
Heat exhaustion requires immediate attention but is not usually life-threatening.

Heat stroke symptoms include:

- Nausea and vomiting
- Headache
- Dizziness or vertigo
- Fatigue
- Hot, flushed, dry skin
- Rapid heart rate
- Decreased sweating
- Shortness of breath
- Decreased urination
- Blood in urine or stool
- Increased body temperature (104 to 106 F)
- Confusion, delirium, or loss of consciousness
- Convulsions

Heat stroke can occur suddenly, without any symptoms of heat exhaustion.

If a person is experiencing symptoms of heat exhaustion or heat stroke, **GET MEDICAL CARE IMMEDIATELY.** Any delay could be fatal.



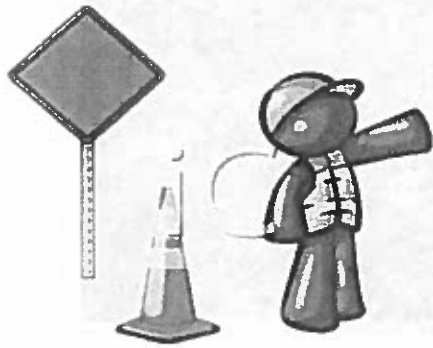
Announcing Turning point July Recognition Ceremony

July 2nd, 2015; 12:30-2:00 pm

Unit 5

**Enben Ruben
Charles Hale
Daniel Combs**

*Look forward to
seeing you there!*



FLAGGING CLASS

Are you interested in obtaining your flagging certification?

- ✓ 3 Year Certification
- ✓ Good in Four Western States
(Oregon, Washington, Idaho, and Montana)

Felony records DO NOT disqualify you. Pay for flaggers can be as high \$33.00 an hour. This is not a guarantee for employment; however a list of employers with contact info will be available.

Cost is \$80.00 and can be paid via CD-28 or with a money order from the community made payable to Todd Cooper and

have it sent to: S. Robson, Transition Services SCI 4005 Aumsville Hwy. S.E. Salem OR. 97317. Payment in full required prior to class no later than August 10th (that gives you two pay periods to save enough for the class!)

Class is 5 hours and tentatively scheduled for Saturday, August 29th.

If you are interested—and have the financial resources available—or have questions, kyte: S. Robson, SCI Transition Services no later than Friday July 17th.

Class minimum size is 12, maximum is 20. If there are not enough interested candidates a class will be scheduled at a later date.



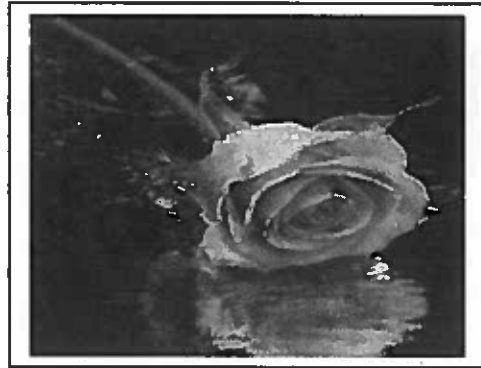
Children's Room Grand Opening and Book Fair! July 18th, 2015

SCI is proud to present to our family's the new Children's area in the visiting room! This area will be available at all visiting times for the General population! (Thursday Enhanced Family visiting remains available for Dads and kids).

Help us celebrate and build our library!

We are also hosting a Book "Fair" during visiting! Have your visitor bring in a new, or gently used children's book to donate to our library for the kids, and there will be no visiting points taken!

Join us! There will be refreshments and fun!



The Gratitude Experience is BACK!

Why the Gratitude Experience at SCI?

SCI's Gratitude Experience strives to provide the tools as well as foster the attitudes that will develop an individual's ability to cultivate and attract gratefulness, joy, prosperity and a healthy mind and body to their lives. It is with this shared attitude that one will ultimately create positive change within themselves as well as others around them.

The *SCI Gratitude Experience* strives to teach expression of gratitude toward the person(s) in our lives, while refining manners and etiquette, in order to be more successful in the community and our personal lives. Discussions include "*Gratitude - What is it?*", "*Leadership*", and *the art of journaling* among others.

All SCI residents are eligible – however, only the first 20 serious applicants will be accepted. Classes will be held two hours per week, culminating in an event with your person you have chosen to express your gratitude.

Cost for this class is \$10.00 per person
Send your letter of interest to Ms. Hodgin
no later than July 14, 2015.

Santiam School July 2015



Fourth of July Trivia!

What day did most signers of the Declaration of Independence actually sign the document? **Aug. 2, 1776**

How many people signed the Declaration of Independence on July Fourth? **Two**

Three of the first 5 presidents died on the Fourth of July: **John Adams, Thomas Jefferson and James Monroe.** Which president was born on the Fourth of July? **Calvin Coolidge, the 30th president, in 1872.**

What other countries celebrate the Fourth of July? **Denmark, England, Norway, Portugal and Sweden.**

Danes and Norwegians celebrate American Independence Day because thousands emigrated to the U.S. in the early 1900s.

Already have your diploma or GED?

Upcoming Classes for Graduates

Friday only:

Drop-in math class 1:00–3:00 p.m.
Guitar – must have your own guitar
Creative Writing – next class not until October

Monday through Friday:

Typing
Microsoft Word & Excel

Send a kyte to Education if you are interested in participating in any class. Be sure to include your outdate.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

Quote from the Declaration of Independence



Thinking about college? FAFSA – Free Application for Federal Student Aid:

If you are planning to go to college in the fall of 2015, and you need financial aid, the FAFSA application form you need to submit is now available.

The Education Department has the FAFSA forms you need. Please send a kyte to Education to request this information.

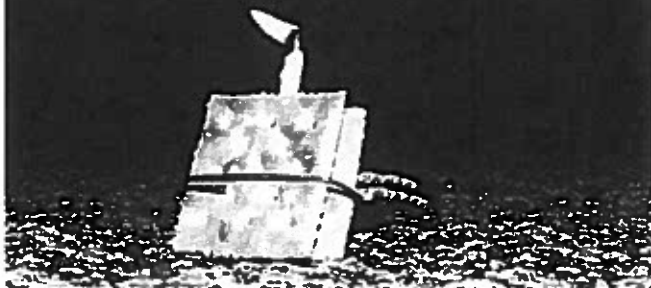
Remember, the sooner you apply for financial aid, the greater your chance of accessing all available funding sources.



Santiam School Tutors:

Unit 3 – Zach Martinez
Unit 4 – Joshua Pool, Jon Baird, John Martin, Scott Whitney, Jason Shostrand, Randy Gray, Israel Putnam, Joshua Wiener, Frank Coleman

REALLY GHETTO FIRECRACKERS



GED GRADUATES 2015

Shawn Garafalo	Bryan Whitecloud	Christopher Williford
Eric Jones	William Decker	John Carmichael
Nicholas Clark	David Otte	Austin Gardner
Michael Hestlen	Joshua Limberhand	

Congratulations!

Fun Facts

You burn more calories sleeping than watching T.V.

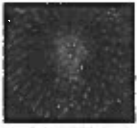
A camel's milk doesn't curdle.

Your foot has 26 Bones in it.

Dragonflies have six legs but can't walk.

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6	4							7
	3		7	9			1	
7								8
	2			8	3		4	
1							9	2
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JULY

			1	2	3	4 <i>Independence Day</i>
5	6	7	8	9	10	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		