

## COMMISSARY NEWS

Effective Monday July 2, 2018 due to an increase from Canteen Vending Services the following item has a price increase.

**Price Increase Effective July 2, 2018:**

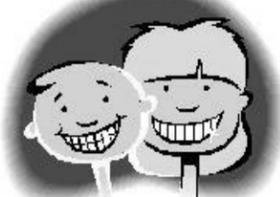
Soda Coupons 1.95

## VISITING REMINDER

Did you know? The last Wednesday of every month has been set-aside for AHU Visiting? As a result of this, regular visiting is cancelled on those dates. If you have friends and family coming to visit, please remind them of these dates.

Below is the AHU Visiting schedule for the remainder of 2018.

- June 27th
- July 25th
- August 29th
- September 26th
- October 31st
- November 28th
- December 26th



Thank you, TRCI Visiting Staff.

Success without integrity means nothing.

Sir Harvey

## Answers: Fourth of July Trivia Questions

1. We declared independence because we were taxed without representation.
2. 56 people signed the Declaration of Independence.
3. The first seven words of the Declaration of Independence are "When in the course of human events."
4. There were 2.5 million people living in the U. S. in 1776.
5. Americans consume 150 million hotdogs on July 4th each year.
6. Americans spend around 211 million dollars every year on fireworks.
7. Over 74 million people have cookouts on July 4th.
8. The first Liberty Bell cracked when it was being tested. It and the second bell were re-melted and forged again. The third Liberty Bell cracked in 1835.
9. Our national bird is the bald eagle.
10. The Liberty Bell is located in Philadelphia, Pennsylvania in the tower of Independence Hall.
11. The Liberty Bell no longer rings. It rang from 1778 to 1835, when it cracked.
12. The name "Uncle Sam" originated in 1812, when a meat packer by the name of Sam Wilson provided meat to the U. S. Army. Someone saw the meat shipments that were stamped with U. S. and joked that the initials stood for "Uncle Sam" and the name stuck.
13. Francis Scott Key wrote the words to the National Anthem
14. The music for the National Anthem comes from an old English drinking song named, "Anacreon in Heaven."
15. Francis Bellamy wrote the Pledge of Allegiance.
16. The colors of the first flag were red, white, and blue
17. Betsy Ross sewed the first official American flag.
18. The stars were in a circle on the first flag to show that all the colonies were equal.
19. The Statue of Liberty is 151 feet tall.
20. France gave us the Statue of Liberty.

## DO YOU WANT TO BE AN ELECTRICIAN

The TRCI electrical shop has an opening for one apprentice in the limited maintenance plant journeyman program. It is approximately a 4-year (8,000 hour) apprenticeship. In addition to the 8,000 hours of on the job training, you will be required to go to study hall 5 days/week and successfully complete the Penn-Foster course. The cost of the course is \$1200.00 over a 4-year period, which you are responsible for.

Candidates must meet the following requirements:

- 18 months DR free
- Passing grade in algebra or pass a placement test (math 70)
- High School Diploma or GED
- 5-10 years remaining on your sentence



If this sounds like a potential career for you please fill out a job application and send it to the electrical shop. Interviews will be scheduled off of the applications. The last date that for accepting applications and interviews: **July 9<sup>th</sup> 2018**

## INCENTIVE YARD REQUESTS

Effective immediately, all requests for Incentive Yard will now go to D. Hunter in Inmate Work Programs. Ms. Hunter will then review the requests and will forward your request to Security for review and approval, prior to you being placed on a call out.

## JOURNEYMAN PAINTER NEEDED

The Physical Plant is looking for a Journeyman Painter. If you are interested in this job please send an application to Mr. Brandt in the physical plant.

## Requirements:

- 18 Months clear conduct
- 5 years till out date
- Airbrushing experience
- Oil Bas paint (Rolling, spraying, cutting)
- Water base (Rolling, spraying, cutting)
- Work well with others
- High School Diploma or GED
- Drawing
- Knowledge of auto Paints and Clears



If you are interested in this position, Send a fully completed, signed and legible work application to:

*Mr. Brandt, Physical Plant*

## Updated timeline

- **July 2018**
  - On July 1 2018, DOC will begin to collect money from deposits for a reentry savings account.
- **Early fall 2018**
  - The department will begin to collect level 1 obligations, which are fines, fees and restitution owed to state courts.
  - The department will begin to collect staff civil judgments against DOC employees.
- **2019 and beyond**
  - The Department of Justice (DOJ) and the courts are working on processes to identify and match child support and civil judgments to men and women in DOC custody. This process will be defined in 2019 and beyond.

Continued from page 3.

Sincerely,

Colette S. Peters  
Director

Brian Belleque  
Deputy Director



## Answers to: 'Double Trouble'

1. Eye
2. Hand
3. Tooth
4. Finger
5. Hair
6. Foot
7. Heart
8. Brain
9. Head
10. Back
11. Arm
12. Neck
13. Thumb

## Answers:

1. Pie in the Sky.
2. Big Spender.
3. Split-Level House.
4. Head Over Hills.
5. Sigh On the Dotted Line.
6. Five O'clock Shadow.
7. Half Asleep.
8. Study Overseas.

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# TRCI TUMBLEWEED

JULY 2018

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## FOURTH OF JULY TRIVIA QUESTIONS

Independence Day celebrations have been around a long time, there may be a few things that you do not know about them and the time when this country was just getting started.... So read on, and learn some fun facts about the United States and answer some great trivia questions.

1. What was the main reason the U.S. declared independence?
2. How many people signed the Declaration of Independence?
3. What are the first seven words of the Declaration of Independence?
4. How many people were living in the U. S. in 1776?
5. How many hotdogs are consumed on July 4th each year?
6. How much money is spent on fireworks every year?
7. How many people have cookouts on July 4th?
8. When did the Liberty Bell crack?
9. What is our national bird?
10. Where is the Liberty Bell located?
11. Does the Liberty Bell still ring today?
12. How did the name "Uncle Sam" originate?
13. Who wrote the words to the National Anthem?
14. Who wrote the music for the National Anthem?
15. Who wrote the Pledge of Allegiance?
16. What were the colors of the first flag?
17. Who sewed the first official American flag?
18. Why were the stars in a circle on the first flag?
19. How tall is the Statue of Liberty?
20. What country gave us the Statue of Liberty?

Answers on Page 4

## GLASSES SLIPPING DOWN YOUR NOSE?

Need one of the arms tightened or nose pads replaced? Send a kyte to Optical and ask to be put on a call out for eyeglass repair. You will be placed on the schedule for one of our free weekly repair appointments. Simple repairs, completed by orderlies, such as replacement screws, eyeglass frame tightening and fitting are often possible at no charge to you.

## OREGON STATE POLICE

Oregon State Police are not able to receive and respond to KYTE's. If you have a need to send communication to someone within OSP, please send them a letter to the following address:

860 W. Elm Ave., Suite 102  
Hermiston, OR 97838

## ODD FACTS MOST PEOPLE DON'T KNOW

1. Retired basketball sensation Michael Jordan makes more money from Nike each year than all the Nike factory workers in Malaysia combined.
2. Duelling is legal in Paraguay as long as both parties are registered blood donors.
3. In Calama, a town in the Atacama Desert of Chile, it has never rained.
4. In space, astronauts cannot cry because there is no gravity and tears can't flow.
5. At any given time, there are 1,800 thunderstorms in progress over the earth's atmosphere.
6. Leonardo Da Vinci invented scissors.
7. An average of 100 people choke to death on ballpoint pens every year.
8. Catsup leaves the bottle at a rate of 25 miles per year.
9. Like fingerprints, everyone's tongue print is different.
10. There is a company that will (for \$14,000) take your ashes and compress them into a synthetic diamond to be set in jewelry for a loved one.
11. The longest bout of hiccups lasted nearly 69 years.
12. According to Chinese acupuncture, there is a point on the head that you can press to control your appetite. It is located in the hollow just in front of the flap of the ear.
13. The world's youngest parents were age 8 and 9. They lived in China and had their child in 1910.
14. The youngest pope was 11 years old.
15. The electric chair was invented by a dentist.
16. No word in the English language rhymes with month, orange, silver, or purple.

## DATES OF INTEREST FOR JUNE

- 4<sup>th</sup> Independence Day  
13<sup>th</sup> TRCI Picnic, Units 1, 6, 7, 10 & 11  
14<sup>th</sup> TRCI Picnic, Units 9, 12, 13, & 14

27<sup>th</sup> Full Moon

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**PRISON RAPE ELIMINATION ACT  
(PREA INFORMATION)**

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an inmate communication, through the grievance system, by calling the PREA hotline by dialing 9 from any inmate phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor’s Office of Constituent Services  
900 Court Street NE, Suite 160  
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor’s Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to inmates.

Inmates at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 inmate telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters  
3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator  
Oregon Department of Corrections  
2575 Center St. NE  
Salem, Oregon 97301

**2018 FAIR PICNIC TIDBITS  
MEDIUM AND MINIMUM**

**VISITOR DRESS CODE**

Please inform your visitors the following attire is not authorized:

- Banana clips
- Metal clips of any kind
- Bobby pins
- Shorts, skirts and dresses must be no shorter than 2 ½ inches from the knee
- Sheer see through clothing
- Razor back tank tops and dresses
- Spaghetti strap tops, or dresses
- Leggings, spandex or otherwise
- Blue denim
- Avoid BLUE clothing all together
- Camouflage Clothing

\*In addition to appropriate attire, visitors may wear hats, and sunglasses

**Inmate Dress Code**

You may wear:

- Long Sleeve Shirts T-shirts
- Shorts Long Pants
- Sunglasses

**Questions and Answers**

**Q-How can I pay for the picnic when I have fines that come out of my account each month?**

*A-We do not have an account set up where your friends and family can make payment for you. Payment is to be made through the Kiosk by May 1, 2018.*

**Q -If I go to DSU can I get a refund?**

*A - NO, you will not receive a refund if you go to DSU*

**Q -If I get transferred to another institution will I get a refund?**

*A-YES! You will need to request a refund in writing to: D. Fogg*

**Q-If I get moved to another unit what happens?**

*A-You will go on the same date as those on the housing unit in which you resided at the time you signed up. Date switches are not authorized.*

**Q-If my visitors do not show up (last minute) will I still be able to eat?**

*A-YES those individuals will be assigned a table, when you are finished with your meal you will be required to return to your Unit.*

**\*\*\*PLEASE NOTE YOU WILL NOT BE ALLOWED TO CONSUME THE MEALS OF VISITORS THAT DO NOT ATTEND\*\*\***

**Photos and Photo Tickets:**

You are allowed a maximum of 5 photo tickets, which must be purchased prior to the event.

Additionally, photos are to be taken with your visitors ONLY. Photos with other AIC’s are not authorized.

**PICNIC DATES**

- Friday July 13th  
Units 1, 6, 7, 10 & 11
- Saturday July 14th  
Units 9, 12, 13, & 14
- Friday August 10th  
Units 2, 3, 5, 8, 21, & 22

**Schedule**

Picnic 9:00AM – 1:00PM  
Check-in starts;  
No Earlier than 8:00AM

*Visitors arriving later than 11:00AM will not be allowed entrance.*

**STATEWIDE PHOTO SHOP**

The statewide photo shop is being moved back into the institutions. In order to make this transition, photo ticket sales have been suspended effective May 4th. If you have already purchased photo tickets, you will be able to use them until August 4th. No refunds or credits will be issued.

**Please keep in mind NW Canteen Photo tickets will not be honored after August 3<sup>rd</sup>**

**DOUBLE TROUBLE**

Compound words are made up of two smaller words, such as hayloft or watchtower. In this game, we give you the second half of some compound words. You must identify the one word that precedes each of them to make a compound word. For example, given the words weed, coast, and sick, the one word that makes each a compound word is sea (seaweed, seacoast, and seasick).

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1. Ball, glasses, lashes, witness | 2. Shake, cuff, writing, some  |
| 3. Paste, pick, brush             | 4. Nail, print, tip            |
| 5. Cut, do, dresser               | 6. Ball, stool, note, locker   |
| 7. Ache, beat, burn               | 8. Storm, wash, teaser, child  |
| 9. Lights, quarters, lock, phones | 10. Ground, stroke, fire, drop |
| 11. Pit, chair, rest              | 12. Line, tie, lace            |
| 13. Screw, tack, nail             |                                |

*Answers Bottom of Page 4*

**DEALING WITH PROBLEMS**

Part 1

You can be hindered from making progress if you ignore your problems. Could you be letting little challenges grow into huge obstacles by not dealing with them?

When faced with unpleasant situations it is tempting to ignore them and not deal with them. The path of least resistance is an attractive one and the effort required to deal with the problem sometimes seems too immense. At times it’s not so much that the problem is big but that it requires us to admit something about ourselves or others that we just don’t want to face. The trouble is “You won’t find a solution by saying there is no problem.”

The longer you take to deal with your problems the bigger they will grow and the harder it will be to sort them out. They are like weeds that grow in a beautiful garden. If not recognized and uprooted early enough they will dominate the garden and choke the beautiful flowers in the garden. In fact you will forget there was ever a lovely garden there to begin with.

Secondly, when ignored, problems may become accepted as the norm. I remember working at a hospital where there are often shortages of medical supplies. As medical staff there we got so used to improvising that even when some supplies were in stock we did not think of using them. For instance, we improvised arm slings for shoulder dislocations and broken limbs by using bandages and empty fluid bags. One nurse actually had to remind me that the pharmacy had plenty of arm slings so I should not be wasting people’s money by telling them to buy bandages instead. My mind had become accustomed to the abnormal to such an extent that it became normal and I absolutely did not think there was any other way to get the job done.

There are many abnormal situations and circumstances in our lives that we have become used to and comfortable with to the extent that we do not see the need for change. It is possible for you to become used to poverty and lack. It is even possible to get used to mediocrity and failure. Ignore the problem long enough and it may no longer become a problem to you. The trouble is you will not be living the kind of life you should be living. “Making do” is not always a good thing.

Lastly, a problem that is not dealt with can lead to other problems. Unfortunately, problems are very social creatures and they will eagerly invite other problems into your life if you harbour them for too long. By not controlling one you may be opening the door to many others. It’s the domino effect: one action or lack of it in this case, can lead to many different consequences.

*Be sure to check out part 2 in the August newsletter*

Continued on Page 4

W  
A  
C  
K  
Y

To solve these fun puzzles, look carefully at each form, because the arrangement of the letters is a key clue to the familiar phrase contained within. For example, if the word school were placed high up in the frame the answer would be *High school*. Or if the phrase “Easy Pieces” occurred five times in the frame, the answer would be *Five Easy Pieces*.

*Answers Bottom of Page 4*

The π Sky	SPENDER	SIGN LINE	5:00
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W  
O  
R  
D  
S

LEV EL HOUSE	LO $\frac{\text{Head}}{\text{Heels}}$ VE	ASLEEP	Study CCC CCCC
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