

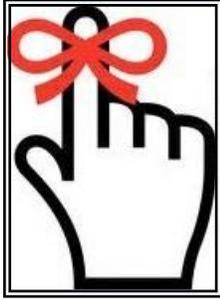


# Warner Creek Trails

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

Volume 17 Issue 10

October 2019



## DATES TO REMEMBER

**OCTOBER 15**

**SUBWAY SANDWICH  
TAKE BACK**



## WINNING WORDS:

“I am not a product of my circumstances. I am a product of my decisions.”

– Stephen Covey



## Why do leaves change color in the fall?

In some areas of the world, the weather changes in the fall, making the air turn cold. During this time, many leaves also change colors. Why does this happen?

First let's think about why some trees drop their leaves before winter. In the winter, it would take a lot of energy and water for plants to keep their leaves healthy. But winter is cold, dry, and usually there isn't much sun (which helps give plants energy). So, instead of trying to keep their leaves, some plants drop their leaves and seal the spots on their branches where the leaves had been attached.

How is this related to what makes leaves colorful?

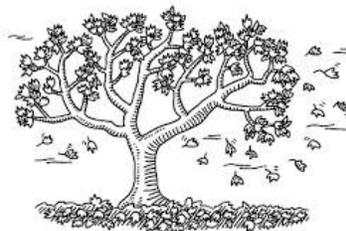
Leaves are colored by molecules called pigments. The pigment that causes leaves to be green is chlorophyll. Chlorophyll is important for plants to make food using sunlight. During spring and summer when there is plenty of sunlight, plants make a lot of chlorophyll.

In autumn when it starts to get cold, some plants stop making chlorophyll. Instead, those plants break down chlorophyll into smaller molecules. As chlorophyll goes away, other pigments start to show their colors. This is why leaves turn yellow or red in fall.

The color change usually happens before the leaves fall off of the tree. Why might that be? It takes a lot of energy to make chlorophyll. If the plants break down the chlorophyll and move it out of their leaves before the leaves fall, plants save energy. The plants can reabsorb the molecules that make up chlorophyll. Then, when it's warm and sunny enough to grow again, the plants can use those molecules to remake the chlorophyll. That way the plants don't have to make chlorophyll from scratch.

There are other pigments in leaves called carotenoids. Carotenoids are yellow and orange. Anthocyanins are other plant pigments that are only made in the fall. These pigments cause red, pink, or purple colors. Anthocyanins also protect leaves from being eaten or getting sun burned.

So the different colors in leaves are caused by changes in the pigments. When the weather changes, some plants break down all the green pigment. This lets beautiful yellows, oranges, and reds come through in the fall.





**State of Oregon  
Department of Corrections Commissary**

Date: Thursday, September 26, 2019  
 To: Adults in Custody  
 From: Anita Nelson, Statewide Commissary  
 Operations Manager

**Subject: Commissary News, Updates and Reminders**

**News:**

As a reminder, the following changes will be made to the commissary order forms to bring them in line with the changes in ORS 423.105 regarding Protected Funds.

These accounts are not active yet but you may have already started receiving the paper order forms with the signature section added to the top of the form authorizing purchase from a Protected Funds account. The kiosk forms also may already have the check box authorizing purchase from a Protected Funds account. These new sections do not apply to you if you do not have a Protected Funds account. Those that have a Protected Funds account have been notified by a letter from Central Trust. For those that have these accounts, please do not use this section until you have been notified your account is active.

If you do not have a Protected Funds account but sign the section on the commissary form or check the box on the kiosk forms authorizing purchase your order will be returned to you unprocessed.

**Sent on behalf of Shellí Honeywell,  
Administrator of AIC Financial Services**

Historically, receipts were provided for each deposit made into an AIC's Trust Account(s) statewide. After careful consideration of environmental factors (such as *responsible use of available resources*), workload and rule compliance, it has been decided to cease printing receipts. However, AICs will continue to receive their monthly Trust Accounts Statement. The Trust Rule states that Central Trust may provide an AIC with a receipt for authorized money items received and credited to the AIC's trust account upon request. Effective October 1, 2019, receipts will not be automatically generated for each deposit. Should an AIC wish to receive a copy of a receipt or information regarding a deposit, they may send an electronic AIC communication to AIC Financial Services (preferred) or a paper AIC communication (CD214). Keep in mind that if an AIC receives a Telmate deposit, they must go through the vendor for specific deposit information. Please address any questions or concerns regarding this matter to Central Trust.

**Discrimination and Grievance Form-UPDATE**

Effective on the adoption date of the updated 291-006 Discrimination Rule and 291-109 Grievance Rule, only the updated forms will be able to be used.

This is all the forms for Grievances and Discrimination.

So if you have any forms saved for a rainy day, please, upon adoption of the updated Rules, dispose of the old forms that you may have in the proper way. Please feel free to throw them away, or return them to your Unit Officer.

Thank you,

B Johnson  
WCCF Grievance Coordinator

# FLU FAQs



Health services will be coming to your unit soon to offer the Flu Shot. Please consider getting this important yearly vaccination.

## Common Flu Shot Myths

**Myth:** Flu shots make you sick

**Fact:** The body creates what is called an *innate immune response* anytime a vaccine enters it. The immune system 'feels' the genetic information given by the vaccine and starts a response that can make a person feel ill! This is *NOT* the flu, rather it is a well-recognized vaccine-related immune response that naturally occurs in a healthy immune system.

NOTE: the flu shot is not *whole 'dead' flu virus*.

**Myth:** The flu shot doesn't work – the media told us so last year

**Fact:** The flu vaccine attempts to cover as many strains of flu that are projected to be 'out' in a given year. A) the vaccine doesn't capture them all; B) the virus might be a slightly different 'strain' than what the vaccine is for.

## What it CAN DO:

1. It might prevent you from getting the actual flu during the 2019-2020 flu season if the vaccine works well;
2. It definitely can help prevent against bad complications if you do get the flu, like you won't get as sick as someone who doesn't have a *built-in-immune response* to the flu; and
3. There is this weird thing call *immune archiving*. The immune system is like a computer in a way, it keeps data on vaccines that we have received and if a strain of flu comes around that we've been vaccinated against, the immune system will 'remember it' and try to fight it. Remember the big deal about the swine flu in 2009? It was expected to cause a major pandemic, but it didn't really because so many people had been vaccinated against that strain of flu earlier in their lives! So the 'old vaccine' saved from the 'new flu'

**Myth:** Only old people get the flu

**Fact:** Everyone gets the flu, it is more likely to cause severe illness in or kill older and younger people. But people who live in prison and who have multiple chronic health conditions are likely to get bad complications from flu, so prevention really helps.

**Myth:** Medical doesn't care if we get the flu or not, they won't do anything why should we bother?

**Fact:** They *are* taking flu and flu-related complications very seriously. They will try to prevent and then contain an outbreak as much as possible for your health and the health of your visitors.

**Myth:** Vaccines are bad for you, they cause things like Autism

**Fact:** There are no studies showing the causal nature of vaccines-in-and-of-themselves to *cause any* chronic or debilitating conditions.



**State of Oregon  
Department of Corrections Commissary**

Date: Thursday, September 26, 2019  
To: Adults in Custody  
From: Anita Nelson, Statewide Commissary Operations Manager

**Subject: Commissary News, Updates and Reminders**

**Update on Protected Funds:**

For those that have a Protected Funds account, your account will be active and funds available for commissary purchases beginning October 1, 2019.

Please check your receipt at the commissary window to make sure the correct account you designated on your order form was used for your purchase. If you do not have funds in the account you selected, your order form will be returned to you unprocessed.

These new sections do not apply to you if you do not have a Protected Funds account. If you sign the section on the commissary form or check the box on the kiosk forms authorizing purchase but do not have a Protected Funds account your order form will be returned to you unprocessed.

**Commissary Reminders:**

You are allowed one commissary order per week. You must write legibly and your commissary form must include your name, SID number, Institution, Unit and Bunk number or your order form will be returned to you unprocessed. Please clearly mark quantities in the box next to the items you are ordering. Your order form will be returned to you unprocessed if you do not have sufficient funds at time your order is being processed. Please Do Not Draw or Doodle on the form. Prices are subject to change without notice.

**Soda Coupon Reminder:**

If you are moved to another institution and have soda coupons in your possession that you purchased within the last six months you may request a refund. To request a refund, you will need to staple your soda coupons and a copy of your sales receipt to a communication form and send it to the commissary you purchased the coupons from. You must submit this request within thirty (30) days of your move.

Soda coupons that have been "eaten" by the vending machine, or damaged in any way will not be refunded by commissary. As stated on the commissary order form, "USE OF SODA MACHINES IS AT YOUR OWN RISK. NO REFUNDS WILL BE GRANTED". Please do not submit an inmate communication to commissary requesting a refund for a soda coupon that has been lost to the soda machine or damaged.

To: AIC Population  
 Date: 9/17/19  
 Subject: County and US Court Obligation Information

#### Trust Account Statement Changes

AIC Financial Services has transitioned the way county and US court deferred fees will appear on the AIC Trust Account statement. County and US court obligations will now appear under a new section: *fixed obligations*. Additionally, there will be multiple account types designating the specific court(s) owed. For example, if an AIC has an obligation to Marion County, MARIC will be reflected on the trust account statement as a fixed obligation. If an AIC has an obligation to the US court in Oregon, ORUSIF or ORUSFF will appear under fixed obligations; these codes reflect deferred initial filing fees and regular filing fees for the US court.

#### Collection of County and US Court Debt

County court filing fees and *initial* US court filing fees will now be automatically collected at the end of the last business day of the calendar month and shall be applied to the AIC's court obligation.

Central Trust will manually collect 20% from the previous month's deposit multiplied by the number of US court cases. Collected obligations will be remitted to the applicable court.

Note: DOC has not implemented the collection of Court Ordered Financial Obligations in accordance with ORS 423.105, however when appropriate, these obligations will appear separately.

AICs may address questions regarding court debt collection to Central Trust.

*From the Administrative Rules Program:*

Below is the list of status changes made to DOC administrative rules since 07/10/19.

#### **PROPOSED RULES:**

##### **Division 032 Land Use Coordination (291-032)**

- Amends the rules to better reflect the current practices and applicable rules and law references.
- Last date to provide comments: 11/06/19

##### **Division 130 Telephones (AIC) (291-130)**

- Amends the rules to expand the parameters regarding an AICs ability to make legal calls and adopts new rules to establish the parameters around PREA advocacy crisis line calls.
- Last date to provide comments: 11/06/19

##### **Division 210 Transgender and Intersex Adults in Custody (291-210)**

- Amends the rules to reflect consistent standards for unclothed searches and the collection of urinalysis samples for the purpose of drug screening.
- Last day to provide comments: 11/06/19

Rulemaking comments must be provided to the DOC Rules Coordinator in writing. Communications submitted should be limited to providing comments on only one division/topic per communication. Do not include multiple divisions/topics in one communication. DOC rules are available for review and copies in the inmate law library.

### INDIGENT ENVELOPES

If you have not accumulated the cost of five postage paid envelopes (for less than one ounce) in your trust account in the previous month (\$3.20), you can request to be issued five postage paid envelopes from WCCF. Requests are to be made on an Inmate Communication Form (kyte) addressed to Ms. Adams in the Business Office at least one week prior to the end of the month.

If approved, a kyte will be sent back with the five postage paid envelopes along with a receipt. My workload is the deciding factor on when they are sent out, but it is my goal to have the indigent envelopes issued as close to the first of the month as possible. You will be required to sign for receipt of the envelopes. Put the signed receipt in the dining hall mailbox to be returned to Ms. Adams. Your envelopes will be issued between the 1st and 10th of each month. Only one issue of indigent envelopes will be made per inmate per month. You must make a new request for the five postage paid envelopes each month on the 25th of the month.

If you are an inmate just arriving at WCCF, and you meet indigent requirements, send a kyte to Ms. Adams requesting envelopes. Your kyte must state that you just arrived at WCCF and are indigent. Otherwise your request will be held for processing on the dates noted in the previous paragraph. If you meet indigent criteria, I will issue you five (5) postage paid envelopes right away. Your next indigent envelope request will not be processed until the 26th of the following month.

If you are housed in segregation and qualify for indigent envelopes, you may request them via kyte. The envelopes will be delivered by a staff member and you must sign for them. Staff will return the signed receipt to the Business Office.

If you have made a canteen purchase during the previous month, or have had a deposit into your trust account that is equal to the cost of five postage paid envelopes, your request for indigent envelopes will be denied.

Violations may result in confiscation, delayed mail and/or disciplinary action.

Thank you,

*Ms. Adams, General Services OSII  
Business Office*

### SODA COUPONS

Please do not fold or crease the soda coupons if you can avoid it. Folding and putting them in your pocket degrades coupons and prohibits them from working in the machines. Please be mindful of their treatment. Thank you for your cooperation in this matter.

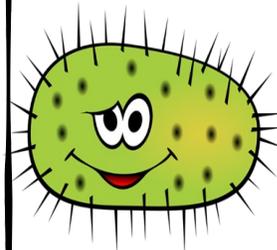
*Ms. Carpenter - General Services*



#### BEAT THE FLU 2019-2020!!!

SB488 mandates that all AIC within ODOC sign a consent indicating if they would like their flu shot or not. This means you will be offered the shot and need to accept or decline.

Why get YOUR flu shot?



- It decreases the chance of you getting flu and flu-related complications!
- It decreases your chance of getting FUTURE flu due to your immune systems 'memory' of the vaccine!

- It decreases the chance you will give the flu to someone you care about!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs will begin in most institutions 10/1/19 and YOUR part will be needed to succeed to Beat the flu in 2019-2020!!