



# *Snake River Currents*

## *March 26, 2020 - April 1, 2020*



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## How to Stay Healthy

- Wash your hands frequently with soap and warm water for at least 20 seconds. Handwashing reduces the amounts of all types of germs and chemicals on hands. According to the Centers for Disease Control and Prevention (CDC), washing hands is more effective than even alcohol-based hand sanitizers.
- Cough or sneeze into your elbow.
- Regularly clean your living and working areas.
- If you develop symptoms of a fever, cough or sore throat, please let Health Services know immediately so we can offer treatment as soon as possible.

## 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 medical exam and report the assault to the institution 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 communications with survivors.

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



### "Bombshell"

1hr 49 min

(Charlize Theron, Nicole Kidman)

A group of women take on Fox News head Roger Ailes and the toxic atmosphere he presided over at the network.



### "Ford v Ferrari"

2hr 32 min

(Matt Damon, Christian Bale)

American car designer Carroll Shelby and driver Ken Miles battle corporate interference and the laws of physics to build a revolutionary race car for Ford in order to defeat Ferrari at the 24 Hours of Le Mans in 1966.



### "Silicon Valley: Season 2 pt 1"

2hr 23 min

(T.J. Miller, Thomas Middleditch)

In the high-tech gold rush of modern Silicon Valley, the people most qualified to succeed are the least capable of handling success. Silicon Valley follows the struggle of Richard Hendricks, a Silicon Valley engineer trying to build his own company called Pied Piper.



### "Charlie's Angels"

1hr 58 min

(Kristen Steward, Naomi Banks)

When a young systems engineer blows the whistle on a dangerous technology, Charlie's Angels are called into action, putting their lives on the line to protect us all.





## Visiting Information

The connections that visiting affords to family and friends are extremely important. During this time we encourage you to continue submitting your visiting applications. We will resume normal visiting schedules as soon as humanly possible.



**Thursday:** 57/32  
Sunny

**Friday:** 58/34  
Sunny

**Saturday:** 59/37  
Sunny

**Sunday:** 57/37  
Mostly Sunny

**Monday:** 59/41  
Mostly Sunny

**Tuesday:** 55/35  
Rain Likely

**Wednesday:** 54/35  
Mostly Sunny

**Thursday:** 55/37  
Mostly Sunny

## Insects Word Search

All of the words in the list below are hidden in the puzzle. They might be placed vertically, horizontally, or diagonally and they might be forwards or backwards. How many can you find?

C	I	C	A	D	A	P	U	P	B	E	E	T	L	E	K	W
V	P	R	A	Y	I	N	G	M	A	N	T	I	S	G	E	X
Y	Q	E	X	N	O	U	O	E	O	R	E	I	W	T	X	A
L	L	T	L	M	T	X	V	T	R	T	A	M	M	N	C	R
F	K	A	N	T	E	N	N	A	E	Y	H	S	O	R	V	O
E	F	R	R	U	P	O	X	M	G	L	X	V	I	D	E	H
S	R	B	I	V	S	O	Q	O	H	F	E	C	D	T	B	T
R	Q	E	G	E	A	C	L	R	H	R	K	K	G	G	E	A
O	H	T	P	M	W	O	Q	P	S	E	K	C	S	M	E	G
H	Y	R	M	P	M	C	M	H	T	T	X	X	T	O	L	N
Q	X	E	Q	O	O	E	Q	O	M	T	W	G	I	S	X	S
I	H	V	T	H	G	H	Y	S	W	U	U	S	C	Q	G	E
Y	W	N	E	I	F	S	S	I	O	B	D	E	K	U	S	V
K	E	I	U	S	I	L	A	S	Y	R	H	C	B	I	W	G
A	R	T	H	R	O	P	O	D	A	M	L	Z	U	T	J	L
B	C	O	C	K	R	O	A	C	H	R	V	C	G	O	Q	X
Y	E	D	Z	C	G	L	U	D	R	A	G	O	N	F	L	Y

- ABDOMEN
- ANT
- ANTENNAE
- ARTHROPOD
- BEE
- BETLE
- BUTTERFLY
- CHRYSLIS
- CICADA
- COCKROACH
- COCOON

- CRICKET
- DRAGONFLY
- EGG
- ENTOMOLOGY
- EXOSKELETON
- FLEA
- FLY
- GRASSHOPPER
- HORSEFLY
- INVERTEBRATE
- LADYBUG

- LARVA
- METAMORPHOSIS
- MOSQUITO
- MOTH
- PARASITE
- PRAYING MANTIS
- PUPA
- STICK BUG
- TERMITE
- THORAX
- WASP

