



# Snake River Currents

## April 30, 2020 - May 06, 2020



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### Mask-on Policy Effective 4/27/2020

At the direction of our Medical Director, Dr. Diguilio, and the statewide AOC (Agency Operations Center), we will be implementing the “Mask-on” policy for any Health Services call-outs beginning Monday, April 27. This means that when you have a call-out to see a provider, whether it be a doctor, a nurse, an x-ray, a lab draw, any BHS call-outs, etc., you will be required to wear your utility mask that has been issued to you. This also includes call-outs to your satellite medical clinics, as well as the medical area in Minimum.

The following steps will take place when you come to a Central Medical call-out –

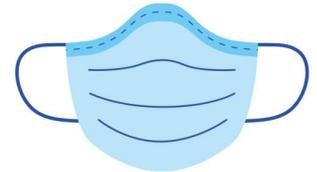
1. Check in at the officer station.
2. Answer the screening questions (done by central medical staff) and your temperature will be taken.
3. Wash your hands.
4. Be seen for your call-out.
5. Wash your hands before leaving the medical area.



The process will be very similar at the satellite medical areas and minimum, with the exception of checking in with an officer. There is not always an officer there.

In Disciplinary Segregation/Intensive Management Unit/Adseg –

1. Wash hands before leaving your cell.
2. Wear mask out of cell to medical call-out.
3. Wash hands upon returning to your cell.



Please wear your utility mask to special needs/A line. If you are going to a regular medline at the medline window, a mask is not required at this time.

At this time, we have not had any positive COVID-19 cases at SRCI. We will continue to monitor our institution closely for any symptoms related to COVID-19.

**“The Grudge”**  
1hr 34 min  
(Tara Westwood, Junko Bailey)

A house is cursed by a vengeful ghost that dooms those who enter it with a violent death.

**“Snowpiercer”**  
2hr 6 min  
(Chris Evans, Ed Harris)

In a future where a failed climate-change experiment has killed all life except for the lucky few who boarded the Snowpiercer, a train that travels around the globe, a new class system emerges.

**“Ready Player One”**  
2hr 20 min  
(Tye Sheridan, Olivia Cooke)

When the creator of a virtual reality called the OASIS dies, he makes a post-humous challenge to all OASIS users to find his Easter Egg, which will give the finder his fortune and control of his world.

**“Rogue One: A Star Wars Story”**  
2hr 13 min  
(Diego Luna, Forest Whitaker)

The daughter of an imperial scientist joins the Rebel Alliance in a risky move to steal the Death Star plans.

## Pizza in the Cell

That's right, one large two-topping pizza for \$9.00 Dollars will be delivered to your cell. AIC Housed in Special Housing or long-term disciplinary housing will be exempt from participation. There will be no restrictions on who can buy a pizza in General Population, NCI level does not matter. No soda will be offered with this pizza, but a tumbler of ice will be given to every order.

LIMIT ONE PIZZA ORDER PER PERSON.

The toppings offered will be:

- Option #1) Extra Most Bestest pepperoni pizza
- Option #2) Extra Most Hula Hawaiian pizza
- Option #3) Extra most Veggie pizza
- Option #4) Three Meat TREAT



General Population AIC please send your legible CD 28's (#2877) attached to a communication form to M. Vokral Mail Box # B339, or the Recreation box in front of the Dining Room prior to April 30, 2020.

Minimum Facility AIC place your legible CD 28's (#2874) in the Activities Box in your dorm prior to April 30, 2020. Insure your signature is verified on your CD28 by a Correctional Officer, as well clearly mark your option number on your request.

Per the direction of the OIC Captain D. Jantz the following guidelines will be followed for the 'In-Cell' Pizza distribution in May.

- Pizza distribution 6:45 PM – 7:00 pm.
- Pizza's will be distributed by Recreation Staff.
- Distribution with be conducted one tier at a time no exceptions.
- Once the AIC has their purchased pizza, they must go directly to their assigned Cell.
- Pizza consumption is unauthorized in the dayrooms.
- All Pizza must be consumed in cell.
- Perishable pizza items must be consumed prior to 6:00 pm the following day.
- Pizza boxes are not authorized for storage of personal items of any kind after the following day at 6:00 pm and must be surrendered.
- Extra garbage bags will be provided for storage and then salvage crew will pick up and prepare card board boxes for the recycling bin.

Please pay close attention to the delivery dates below: Dates may change for operational needs. Any changes will be posted in the housing units for updates.

- #1: Monday May 11, Complex 1, A-Pod
- #2: Wednesday May 13, Complex 1, B-Pod
- #3: Thursday May 14, Complex 1, C-Pod
- #4: Saturday May 16, Medical, Ad seg, IMU B
- #5: Monday May 18 Complex 1, E, D, G Unit
- #6: Tuesday May 19, Complex 2, A, B, C Units
- #7: Wednesday May 20, Complex 2, D, E, F Units
- #8: Thursday, May 21 Complex 2, G, H, I
- #9: Monday May 25, Complex 2 J / Complex 3, A, B,
- #10: Tuesday May 26, Complex 3, C, D, E,
- #11: Wednesday May 27, Complex 3, F, G, H,
- #12: Thursday May 28, Complex 3, I, J, Minimum



# KTVB 7

**Thursday:** 71/45  
Rain

**Friday:** 71/47  
Mostly Sunny

**Saturday:** 76/50  
Sunny

**Sunday:** 69/41  
Mostly Sunny

**Monday:** 64/42  
Sunny

**Tuesday:** 70/42  
Mostly Sunny

**Wednesday:** 72/44  
Sunny

**Thursday:** 76/47  
Sunny

**SPRING**  
is here >>>>>>  
**WELCOME**  
all the new  
beginnings

## Corban University New Four Year College Degree Program

Oregon Department of Corrections, Corban University and Paid In Full Oregon have partnered to bring a four year Bachelor of Science degree program to the Oregon State Correctional Institution. Corban University is a private Christian university in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities. Paid In Full Oregon is a non-profit organization founded with the purpose of partnering with DOC and Corban University "to provide inmates a fully accredited bachelor's degree. Paid In Full Oregon is raising all the funds for this program. There will be no cost to students. The graduates will earn a Bachelor of Science in Liberal Arts with an emphasis in Psychology, Social Service, and Leadership. This program is about transforming lives. Graduates will not remain at OSCI, rather they will be sent to other institutions to serve as mentors to others.

Twenty five students will be enrolled each year, for a maximum capacity of 100 students. Adults in custody will be transferred to OSCI from other institutions if accepted into the program. The new term is tentatively scheduled to start late August, 2020. This is a voluntary program. The minimum requirements are:

- Minimum of eight years left on sentence at time of enrollment.
- Non-Cash Incentive Level of 3. Level 2s may be considered with institution review and approval, on a case by case basis.
- High school diploma or equivalent.
- Minimum CASAS scores: Math – 236, Reading – 242.
- Completed application.
- Agreement to mentor others upon completion of degree.

**We are now accepting applications.** If you meet the basic criteria listed above and wish to enroll in this program, send an Inmate Communication form to Ms. Norton, Education Manager, DOC Education, 3405 Deer Park Dr. SE-Res 1, Salem, OR, 97310. The Education staff will ensure you meet the basic criteria and then send you an enrollment application with directions on how to proceed. **Completed applications must be returned to Ms. Norton no later than July 1, 2020.**

From: OSCI Administration, Corban University, DOC Education section.

## AIC Photos

Photo Clerks will be taking pictures on the yard or in the gym.

Tuesday: 7:45AM – 10:15AM  
1:30PM – 3:45PM  
6:30PM – 9:00PM

Thursday: 7:45AM – 10:15AM  
1:30PM – 3:45PM  
6:30PM – 9:00PM

Saturday: 7:45AM – 10:15AM  
1:30PM – 3:45PM  
6:30PM – 9:00PM



Photos may only be purchased with a CD28 that is signed by you and STAMPED and INITIALED by your unit officer. Photos are \$2.00 for a 4"x6" double print. Three photos are the limit per day. Account #2596.

### AIC Photographers:

C1 Beeman, Cory	16202068	1A121B
C1 Edblom, Dustin	13574816	1C229A
C2 Gastelum-Medina, Demis	17413116	2C39A
C2 Gastelum, Jesus	17736860	2D35A
C3 Hixson, David	5689386	3I10A

If you have questions, kyte Mr. Saunders, B339.

## ADA Hearing Impaired Watch

Greetings from the Grievance/Diversity Office! This is to notify those who signed up for a Hearing Impaired Watch. The watches are on backorder until further notice. At this time, there is no estimated time of arrival. When the watches do arrive, you will be scheduled for a call-out and issued a watch. If you would like a watch, please send a kyte to Box #37 or place a communication (kyte) in the white wooden boxes found on each complex. Thank you, Ms. Wiley.

## Special Housing Grievance Submissions-New Process

This is to notify Special Housing AICs submitting grievances or grievance related communication (kytes), of a new submission process. The new process will begin Tuesday, May 5, 2020. Grievance Coordinator, Ms. Wiley, will pick-up any grievances or grievance related communications (kytes) on Tuesday mornings between 10:00am and 10:30am. If you have any questions between now and May 5th, please send a kyte to Box #37. Thank you.

## Religious Services

While we are in midst of COVID-19 the Chapel Prayer Team has not stopped its ministry and mission of praying. Send your prayer requests to BOX B330. Thank you.

## What is Mindfulness?

Mindfulness is a special way of paying attention that helps to relax the body, calm the mind and reduce stress. The practice of mindfulness is a way to engage our bodies and minds so that we become more in tune with ourselves and better able to manage in difficult times. There are a lot of ways to do mindfulness practice. Think of this guide as an introduction to some basic mindfulness practices. These are all activities that you can do on your own.

Included in this series you will find easy-to-follow, self-paced mindfulness activities. Try them out and find which one works best for you. Remember that it can take several times through a mindfulness activity for it to start to feel impactful.

## Mindful Awareness: Using Your Five Senses

During difficult times it is easy to shift into auto pilot and get caught up in strong emotions. In these times, we go into a kind of autopilot – not giving much care and attention to our minds, bodies and spirits. This can lead us to behave in ways that are reactive instead of intentional. This next exercise is a set of steps intended to help slow down your mind. You will be using your five senses to help focus your attention to the present moment. This is an exercise that you can do any time of day, in any location. It may feel odd, at first. The more you practice it, the more natural it will feel.

Start by taking three slow, deep breaths.

Pay attention to your breathing as the air comes in and out of your lungs. Now, go through these steps one-by-one:



- **SIGHT – 5 colors that you can see** Use your sense of sight to look around you and identify 5 things of different colors in your environment. As you identify each item, count it off in your mind. (For example: “one – my brown cup, two – my black shoes...and so on.) [If you struggle to find colors in your environment, you could do this portion with shapes or textures.]
- **SOUND – 4 things that you can hear** Use your sense of hearing to listen to your environment. Take the time to notice the sounds around you. As you do this, begin to identify sounds. As you identify sounds, count them off in your mind. (For example: “one – my breathing, two – toilet flushing...and so on.)
- **TOUCH – 3 things that you can feel** Use your sense of touch to identify 3 different textures around you. As you identify each texture, count it quietly to yourself. Consider feeling this texture in your fingers as you identify it. (For example: “one – the softness of my shirt, two – the plastic of my cup...)
- **SMELL – 2 things that you can smell** Use your sense of smell to identify 3 different smells around you. As you identify each smell, count it quietly to yourself. (For example: “one – my cup of coffee, two – food being cooked...).
- **TASTE – 1 thing that you can taste** Use your sense of taste to identify one thing that you can taste. This can be as simple as just noticing the taste in your mouth right in this moment. You could also take a sip of water of coffee and then notice how it tastes. (For example: “one – the minty taste of my toothpaste from brushing my teeth this tonight...).

Notice how you feel after completing this activity. Do you feel any calmer or more focused after doing this activity? You can repeat the activity multiple times, if you find it helpful. Figure out what works best for you. Mindfulness exercises like this can help to focus our thinking and bring us back into the present moment. Activities like this can also help us to calm down if we are feeling anxious or worried.

