



Snake River Currents

October 01, 2020 - October 07, 2020

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Did you know?

Yawning is contagious—even for dogs. Research shows that the sound of a human yawn can trigger one from your dog. And it's four times as likely to happen when it's the yawn of a person he knows.

In-Cell Meal - South of the Border - Ontario, Oregon

Your in-cell meal will include some South of the Border authentic favorites.

- ◆ 1 Chicken Taquito
- ◆ 1 Cheese Quesadilla
- ◆ 1 Beef Tamale
- ◆ Rice
- ◆ Cinnamon Chips
- ◆ Guacamole and sour cream and a refreshing pitcher of ice for your favorite in cell drink.



Please Note:

- ◆ There will be no (fork, spoon or pitcher) provided for this in cell meal.
- ◆ The ordering process must be followed as it is imperative for success. Our goal as always is to provide this meal opportunity to all AIC's that qualify in a fair and consistent manner.
- ◆ Please take your time and completely read the instructions for ordering.
- ◆ You're qualified to participate unless you are housed in Special Housing or are exempt for disciplinary reasons, IMU programming, or conduct orders.
- ◆ The cost of the meal is Thirteen Dollars (\$13.00) you may purchase only one (1) meal.
- ◆ Your CD28 will be picked up in your housing units by recreation staff to expedite processing and ordering, pick up time 6:00 pm to 8:30 pm, on October 6, 2020.
- ◆ General Population CD-28s must reflect account #2877 for proper processing.
- ◆ Minimum AIC CD-28s must reflect account #2874 for processing.

Important Info:

- ◆ DO NOT submit numerous CD28s to circumvent the process to attempt to receive additional meals. If additional CD28s are processed for you for the same meal you will not be afforded the opportunity for a refund or receive an additional meal. 1 CD28, 1 meal.
- ◆ DO NOT send CD28 via institution mail. If sent in the mail system, your request will not be processed. If your request is placed in a recreation box the request will not be processed.
- ◆ If your request is not filled out completely and properly, your CD28 will not be processed.
- ◆ The ONLY day your request will be excepted for participation will be October 6, 2020 and will be accepted by recreation staff only in the unit on that day only.
- ◆ No late requests or early requests will be considered (No Exceptions).
- ◆ Your Pay period is October 8, 2020, and the Business Office will have the option to begin processing on that date.
- ◆ Meal days will be broken up (approx. 150 AIC a day).
- ◆ A specific schedule of the meal dates will be sent at a later date.
- ◆ The first meal will be offered on October 12th, 2020.

SRCI Weekly Movies

Film star Vince Chase navigates the vapid terrain of Los Angeles with a close circle of friends and his trusty agent.

(Adrian Grenier, Jeremy Piven)



- 10/2, 10/3, 10/4 "Entourage"
S:1 D:1 (2hr)
- 10/2, 10/3, 10/4 "Entourage"
S:1 D:2 (2hr)
- 10/5 & 10/6 "Entourage"
S:2 D:1 (2hr 30 min)
- 10/7 & 10/8 "Entourage"
S:2 D:2 (2hr 30min)

COVID-19

What are the current COVID-19 numbers as of Monday, September 28, 2020?

- 410 AIC confirmed positive cases
- 434 AIC negative cases
- 372 AIC recovered cases

When is Tier 4 status set to be lifted pending no positive cases?

- Tentatively, October 8, 2020, pending no positive AIC or staff cases. (This date could change.)

If you are experiencing any COVID-19 symptoms, please report them immediately.



KTVB 7

Thursday: 82/51
Sunny

Friday: 83/51
Sunny

Saturday: 81/51
Sunny

Sunday: 84/50
Sunny

Monday: 81/49
Sunny

Tuesday: 81/50
Sunny

Wednesday: 82/52
Sunny

Thursday: 74/48
Partly Sunny

Flu Vaccines

I'm healthy, do I need a flu vaccine?



Flu is a contagious disease which can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. An annual flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

Yes. The flu vaccine is safe. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years, and there has been extensive research supporting the safety of seasonal flu vaccines. Each year, CDC works closely with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines.

I had the vaccine last year. Do I need to get it again this year?

Flu viruses are constantly changing and so flu vaccines may be updated from one season to the next. You need the current season's vaccine for the best protection. A person's immune protection from the vaccine declines over time. Annual vaccination is needed for the best protection.

Estoy sano, ¿necesito una vacuna contra la gripa?

La gripe es una enfermedad contagiosa que puede provocar enfermedades graves, incluida la neumonía. Incluso las personas sanas pueden enfermarse lo suficiente como para faltar al trabajo o la escuela durante una cantidad significativa de tiempo o incluso ser hospitalizadas. Se recomienda una vacuna anual contra la influenza para todas las personas a partir de los 6 meses de edad. Las mujeres embarazadas, los niños pequeños, las personas mayores y las personas con ciertas afecciones médicas crónicas como asma, diabetes y enfermedades cardíacas tienen un mayor riesgo de sufrir complicaciones graves relacionadas con la influenza, por lo que vacunarse anualmente contra la influenza es especialmente importante para ellos.

¿Es segura la vacuna contra la influenza?

Si. La vacuna contra la gripa es segura. Cientos de millones de estadounidenses han recibido vacunas contra la influenza de forma segura durante los últimos 50 años y se han realizado investigaciones exhaustivas que respaldan la seguridad de las vacunas contra la influenza estacional. Cada año, los CDC trabajan en estrecha colaboración con la Administración de Alimentos y Medicamentos de los EE. UU. (FDA) y otros socios para garantizar los más altos estándares de seguridad para las vacunas contra la influenza.

Recibí la vacuna el año pasado. ¿Necesito conseguirlo de nuevo este año?

Los virus de la influenza cambian constantemente, por lo que las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente. Necesita la vacuna de la temporada actual para obtener la mejor protección. La protección inmunológica de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para la mejor protección.

Important Updates & Reminders

- Adults-In-Custody housed in General Population may place all outgoing mail in the large mailboxes outside each satellite kitchen. Thank you!
- You may request the SID # and location of another AIC by sending a kyte to Records (Box B248). Due to the quantity Records staff receive, please submit no more than one request per week. Please print clearly.
- Beginning Sunday, October 4, 2020, we will discontinue evening yard until next Spring. The gym will be opening instead.

How will the COFO deductions affect my PRAS Award Pay?

If you are subject to any of the COFO (Court Ordered Financial Obligation) deductions, they will be made against the PRAS Award deposit that is credited to your trust account. The 5% Victim's Fund deduction is taken out of your total PRAS Award before the award is posted to your account. No portion of the new COFO deductions replace the 5% Victim's Fund deduction. Any COFO deduction that is applied, will be applied after the Victim's Fund deduction has already taken place.

