



THE UNCLASSIFIED

NOVEMBER 2022

INTAKE MANAGERS: AMBER SUNDQUIST & MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get it fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

Thank you!

Newsletter content:

- Chaplain's corner
- Prison poetry & coloring page
- Intake happy news!
- The law corner
- From the ODOC BLOG
- ODOC general info
- AIP invitational
- What works.
- Thanksgiving in prison: a personal story
- Gratitude exercises
- Seasonal Fun stuff & Stationary &calendar.

if you need more brain teasers during your stay, please kyte C. Andretti, one request per week, please!

You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

THANKS



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience!
Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

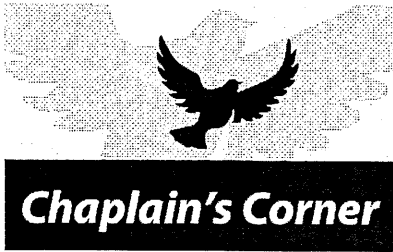
YOUR INTAKE TEAM

Join our Friends & Family email list for the inside scoop!

Get emails about institution news and events

**TO SIGN UP:
TEXT CORRECTIONS
TO 22828 TODAY!**





Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte **Chaplain Betts**.

Chapel Services

Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

Prison Poetry



A little bit here

And a little bit there

Slowly being overtaken

By more and more grey hair

Maturity disappears; and nature disappears

My muscles are shrinking

My bones ache with the coming of old

And I feel myself by midafternoon

Feeling a touch of the cold.

Oh! And my memory...

Who will tell me what I forgot?

Who tries to count what is already lost?

The days they add up

And become so many years.

I hope I have accomplished

The reason I was here, Amen.

By AJC Freede at CCJC, 10/2022



Maple Leaf Zen Doodle Coloring Page (M140)
www.color-a-mandala.com | Free printable coloring pages
© 2022 Color a Mandala



We are so excited to share the news! We have a new staff member! And she is bilingual! So English, Spanish, no problema!

Having another counselor will serve our population before and ensure that all our AICs needs are met.

SO



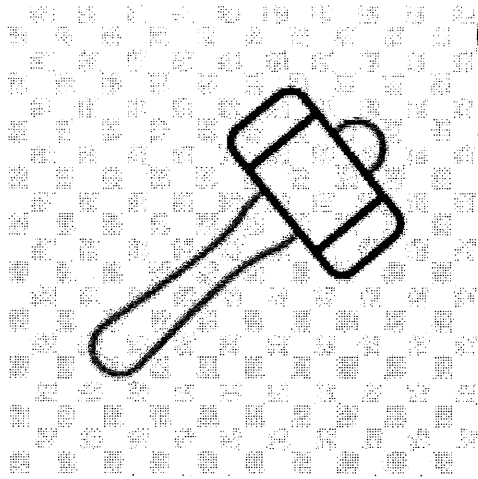
WELCOME TO

Please join me in congratulating **Ines Perez** in being selected to join the Intake Team! Ines will start her new role as Intake Counselor on Monday, October 24th.

Ines began her career with DOC in early 2015 as an Officer at Coffee Creek Correctional Facility. In 2018, Ines promoted to Office Specialist 2 with the Institution Work Programs Office. In 2020 she promoted to Accounting Technician covering the CCCF, CRCI, and SFFC caseloads. During her time at CCCF, Ines has enjoyed participating in the Wellness Committee, SART, and various Special Olympics events.

Prior to DOC, Ines interned at the California Medical Board and Consumer Affairs Office of San Bernardino California. Ines holds a bachelor's degree in Criminal Justice with additional course work in Crime Analysis from California State University of San Bernardino.

With Ines' background in Security, Institution Work Programs, and Financial Services along with her bilingual skills, she will bring a wealth of knowledge to the Intake Team!



What is “expungement?”

To “expunge” is to “erase or remove completely.” In law, “expungement” is the process by which a record of criminal conviction is destroyed or sealed from state or federal record. An expungement order directs the court to treat the criminal conviction as if it had never occurred, essentially removing it from a defendant’s criminal record as well as, ideally, the public record.

It is important to clarify that expungement is not “forgiveness” for committing a crime—that is a legal pardon. Likewise, pardons are not expungements and do not require removal of a conviction from a criminal record. In the United States, pardons may be granted by public officials. The President, for example, issues pardons annually. State governors may also pardon certain defendants in their states. Expungement proceedings, however, must be ordered by a judge, or court.

Oregon Expungement law is in for big changes. Senate Bill 397 takes effect January 1, 2022. It reduces most set aside timelines and has a profound effect on non-person Class B felonies. Expungement of eligible Class B felony convictions is now possible after seven years.

Cost Reduction of at least \$281 per case by elimination of filing fees.

- **Non-person Class B Felonies** are eligible to be set aside after **seven** years with no convictions.
- **Class C Felonies** are eligible to be set aside after **five** years with no convictions.
- **Class A Misdemeanors** are eligible to be set aside after **three** years with no convictions.
- **Class B and C Misdemeanors** are eligible to be set aside after **one** year with no convictions.



Eastern Oregon Correctional Institution's JLAD Service Dog Program



Here is a little history about the Eastern Oregon Correctional Institution (EOCI) Joys of Living Assistance Dogs (JLAD) Service dog Program. EOCI started the program in 2016, after almost a year of planning. Approximately 70 percent of the dogs graduate from the program, which is above the national average. The training program started with 16 puppies and has expanded to 32 dogs. Only 16 dogs are trained at any given time, as the dogs are rotated in and out every week.

At the start of the program, 36 commands were being used to teach the dogs. Today, there are over 90 commands used. In addition, some dogs are trained in advanced tasks specific to a recipient's disabilities – for example, dogs are trained to assist with anxiety, PTSD, and Parkinson's Disease just to name a few. The average time it takes to train a dog as a service animal is two years. At EOCI, a dog can be trained in just over a year, cutting the time in half.

EOCI has also been participating in the JLAD Whelping Program; a birthing program that is part of the JLAD Service Dog Program. Currently, there are 16 puppies that are

part of the Whelping Program. Half of the new puppies will be going to South Fork Forest Camp to start up a new JLAD service dog program in mid-October.

This month, EOCl will have a Passing of the Leash and JLAD graduation ceremony where the adult in custody (AIC) presents the dog they worked so hard to train to the new recipient. During the ceremony, 11 AICs will receive a certificate for the training they have completed.

There is a waiting list for the service dogs coming out of EOCl, because they have a wonderful reputation for being so well-trained. It's exciting to see the next generation of dogs going out and making a difference in someone's life. The impact of this program is life changing.

Oregon State Correctional Institution partners with Corban University and Paid In Full Oregon

DOC Office of Communications Uncategorized September 15, 2022 5 Minutes

Oregon Department of Corrections (DOC), Corban University, and Paid In Full Oregon partnered to bring a four-year Bachelor of Science degree program to Oregon State Correctional Institution (OSCI). Corban University is a private university in Salem, Oregon, accredited by the Northwest Commission of Colleges and Universities.

Paid In Full Oregon is a non-profit organization founded through a partnership with DOC and Corban University *"to provide adults in custody (AICs) a fully accredited bachelor's degree; potentially impacting the prison population throughout the State of Oregon."* Paid in Full Oregon raised all funds for this program, which started in the fall of 2019.

Twenty-five students are enrolled in this voluntary program each year at OSCI. Program graduates will earn a Bachelor of Science in Liberal Arts with an emphasis in Psychology, Social Service, and Leadership.

The program has the potential to bring about positive transformation for AICs – both the peer mentors who complete the program, and those who may need their guidance.

with you.

Phone Number Validation

Beginning Monday, **October 17, 2022**, friends and family members will no longer be able to receive your phone calls until they have set up an account with ICSolutions and completed phone number validation.

Please go to icsolutions.com to complete number validation. **WE STRONGLY SUGGEST COMPLETING THIS PROCESS AS SOON AS POSSIBLE.**

If you have issues validating your number or need any assistance with your ICSolutions account, you should call customer support at 888-506-8407.

DOC staff are not able to assist friends and family in creating an account or validating their number.

FAQ

Q: If a number was validated in the past, does it need to be re-validated?

A: If the number was validated in the past, it does not need to be re-validated. To check if a number is verified, Friend or Family must log into their account with ICSolutions. If phone number is validated "Phone Validation Complete" will be displayed under *Oregon Department of Corrections- OR*

The screenshot shows a user interface for Rachel. At the top, it says "Welcome back RACHEL" and "Last login: 2021-07-22 17:00:54". Below this is a navigation bar with "What would you like to do? +". The main content area is divided into two sections: "Prepaid Collect Accounts" and "Inmate Debit Phone Accounts".

| Phone | Agency | Balance | |
|----------------|---------------------------------------|---------|------|
| (620) 888-1234 | Oregon Department of Corrections - OR | \$0.00 | Fund |

Under the "Inmate Debit Phone Accounts" section, there is a text prompt "Fund an inmate debit telephone account." and an "Add Account" button. A red box highlights the text "Phone Validation Complete" under the "Agency" column of the table.

Q: How to validate an international number?

A: Please send the information located below to customer@icsolutions.com:

- Telephone number(s) to be validated – Please include country code.
- Copy of phone bill which includes your billing address.
- Copy of one of the following: Driver's License/ID/Passport.
- Your current address.

Q: How to validate without a cellphone and/or credit/debit card?

A: If a valid credit/debit card or cell phone are not available, validation can be completed by sending a copy of a valid telephone bill and government issued ID by email to customer@icsolutions.com or via mail to the following address. Phone numbers validated by mail typically take 5 to 7 business days to process

ICSolutions
Customer Service
2200 Danbury St
San Antonio, TX 78217

Validación del número de teléfono

A partir del lunes **17 de octubre de 2022**, los amigos y familiares ya no podrán recibir sus llamadas telefónicas hasta que hayan configurado una cuenta con ICSolutions y completado la validación del número de teléfono.

Vaya a icsolutions.com para completar la validación del número. **SUGERIMOS FUERTEMENTE COMPLETAR ESTE PROCESO LO ANTES POSIBLE.**

Si tiene problemas para validar su número o necesita ayuda con su cuenta de ICSolutions, debe llamar al servicio de atención al cliente al 888-506-8407.

El personal del DOC no puede ayudar a amigos y familiares a crear una cuenta o validar su número.

FAQ (Preguntas más frecuentes)

P: Si un número fue validado en el pasado, ¿es necesario volver a validarlo?

R: Si el número fue validado en el pasado, no es necesario volver a validarlo. Para verificar si un número está verificado, un amigo o familiar debe iniciar sesión en su cuenta con ICSolutions. Si se valida el número de teléfono, se mostrará "Validación de teléfono completa" en el Departamento Correccional de Oregon- O

The screenshot shows a user interface for ICSolutions. At the top, it says "Welcome back RACHEL" with a last login time of "2021-07-22 17:00:54". Below this is a search bar with the text "What would you like to do?". There are two main sections: "Prepaid Collect Accounts" and "Inmate Debit Phone Accounts". The "Prepaid Collect Accounts" section has an "Add" button and a table with columns for "Phone", "Agency", and "Balance". The table contains one entry: "(620) 888-1234" for "Oregon Department of Corrections - OR" with a balance of "\$0.00". A "Fund" button is next to the balance, and a "Phone Validation Complete" badge is visible below the agency name. The "Inmate Debit Phone Accounts" section has an "Add" button and a description "Fund an inmate debit telephone account." with an "Add Account" button.

P: ¿Cómo validar un número internacional?

R: Envíe la información que se encuentra a continuación a customer@icsolutions.com:

- Número(s) de teléfono a validar. Incluya el código del país.
- Copia de la factura telefónica que incluya su dirección de facturación.
- Copia de uno de los siguientes: Licencia de Conducir/DNI/Pasaporte.
- Su dirección actual.

P: ¿Cómo validar sin celular y/o tarjeta de crédito/débito?

R: Si no se dispone de una tarjeta de crédito/débito válida o un teléfono celular, la validación se puede completar enviando una copia de una factura telefónica válida y una identificación emitida por el gobierno por correo electrónico a customer@icsolutions.com o por correo postal a la siguiente dirección. Los números de teléfono validados por correo suelen tardar de 5 a 7 días hábiles en procesarse

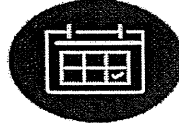
ICSolutions
Customer Service
2200 Danbury St
San Antonio, TX 78217

The updated COVID-19 booster



What to know?

- It's the best way to protect yourself from severe illness and hospitalization
- It protects against the original strain and the Omicron variants BA.4 and BA.5
- It's safe and effective and can be given at the same time as a flu shot



When can you get it?

- Two months after any initial vaccine series
- Two months after a previous booster



Where can you find it?

- Contact your provider



Who is it for?

- The updated Pfizer booster dose is for everyone **12 and older**
- The updated Moderna booster dose is for everyone **18 and older**

Oregon
Health
Authority

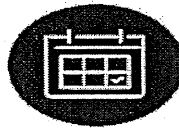
OHA 4320A (09/02/2022)

El refuerzo del COVID-19 actualizado



¿Qué debe saber?

- Es la mejor forma de estar protegido contra enfermedades graves y hospitalizaciones.
- Lo protege contra la cepa original y las variantes Ómicron, BA.4 y BA.5
- Es seguro y efectivo y puede recibirlo el mismo día que la vacuna contra la gripe.



¿Dónde puede recibirlo?

- Dos meses después de la serie inicial de vacunas.
- Dos meses después del refuerzo anterior.



¿Dónde puede encontrarlo?

- Comuníquese con su proveedor.



¿Para quién es?

- La dosis de refuerzo de Pfizer actualizada es para todas las personas a partir de los **12 años de edad en adelante**.
- La dosis de refuerzo de Moderna actualizada es para todas las personas a partir de los **18 años de edad en adelante**.

Oregon
Health
Authority

OHA 4320A (09/02/2022) SPANISH

STATE CLOTHING ALLOWED

| | | |
|---|--|---|
| <u>1 Each Denim Coat</u> | <u>1 Chambray shirt</u> <u>2 Chambray shirts (Program)</u> | <u>2 Pair Denim Pants</u> |
| <u>3 Each T-Shirts</u> | <u>2 Sweatshirts</u> <u>1 Sweatshirts (Program)</u> | <u>1 Each Belt & Buckle</u> |
| <u>3 Pair Grey Dress Socks</u> | | <u>2 Each Towels</u> |
| <u>3 Pair of Underwear</u> | <u>2 Blankets (Wool or Cotton)</u> | <u>2 Sheets and 1 Pillow Case</u> |
| <u>1 Pair State Tennis Shoes</u> <u>(if no personal shoes)</u> | <u>1 Pair of State Shower Shoes</u> <u>(if no personal shoes)</u> | <u>1 Pair Red Shorts</u> <u>(if no personal blue shorts)</u> |

WORK CREW ONLY

| | | |
|--------------------------|---------------------------------|---------------------------|
| <u>1 Pair Work Boots</u> | <u>2 Pair Work (boot) Socks</u> | <u>1 Pair Work Gloves</u> |
| | <u>1 Each Safety Vest</u> | |

Work crew items must be turned back in when you are no longer assigned to a work crew. Work crew clothing is to be worn for work assignments only.

1. Clothing exchange is done on a one-for-one basis. You must bring the article of clothing you wish to exchange to R&D to get a replacement. If you do not have the article of clothing, and you have made an effort to find it, you are required to follow the proper state property re-issuance procedure. The forms are available on your units. (the process for returning clothing **does not** included turning items into the Unit Laundry buckets)
2. **Do Not** purposefully rip, tear, alter, or destroy any clothing or laundry bags in hopes of getting new ones. R&D does not have the extra clothing or budget to continue replacing damaged items. You can and will be held accountable if clothing appears to be purposefully destroyed.
3. Clothing exchange will occur Monday and Friday from at 6:30 am to 7:30 am. Coming into R&D outside of these hours, unless you've been called down, will result in you being held accountable, if there is an immediate need please talk with your unit officer.

Release Clothing

Have you thought about your clothing needs for release and how you are going to pay for them?

When you are **45 Days from release**, you will need to contact R&D to make arrangements for your dress outs by completing a package authorization form to have clothing sent in OR by completing a CD28, to ensure you have funds available to purchase clothing from PRCF

The cost for dress outs can be up to \$35 depending on your needs. If you have any questions about the cost for dress out clothing please kite R&D.

Due to changes to the Inmate Trust accounts you should start thinking about how you will pay for your dress outs. You can pay for dress outs with money in your General Spending account or your General Savings account but Not your Transitional Savings.

Disposal of Personal Property

AIC's discarding personal property items such as shoes, radio, tv, shorts, headphones, etc. must be disposed of through R&D. Please make arrangements with your Housing Unit Officer or send an AIC Communication to R&D requesting to be called to R&D to properly dispose of your item(s).

These items must be disposed of through R&D.

Hear Ye', Hear Ye', all those eligible for A.I.P.

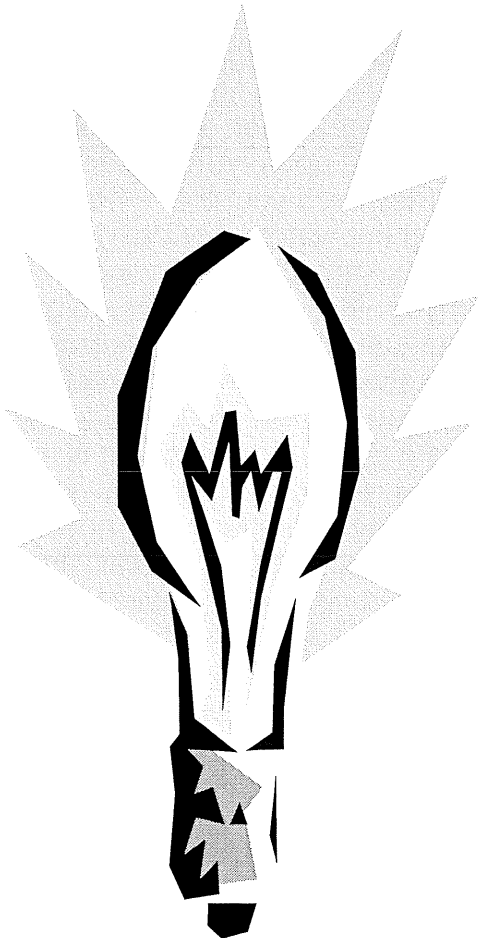
There's no better time and it's not too late to join the movement! There's real recovery happening here.

What is real recovery you ask?

The best way I can describe it is a group of men who are burnt out on lying to themselves. It's time to get real about the nature of addiction and the incredible destruction it causes in our lives, and the lives of those most dear to us. If you are just here for the time cut, come on over too. Something tells me that you'll leave with more than just a couple extra months of freedom.



Be on the look out for sign-up sheets. They should be around in a week or two. Also, if you're all about it, and you want to secure your spot now, send a communication to Ms. Bigler!



This Is What an AIP Client Had to Say:

I'm not sure that I want to be remember because it's prison after all. If I must be remembered I would like to remember as someone that realized that I needed a change in my life and did what I needed to do to make those changes happen and took from the program all the skills that I will need for positive changes in my life. I would also like to be remembered as someone that showed respect to my fellow peers.

To my new peers in recovery and the ones that have been here a few months, I would just like to say this, I urge you to take everything you can get out of this program. There is a lot of good things that this program offers, but you're only going to get out as much as you put in. Well, that's not true if you put your all into this program you will get back so much more. I don't know about anybody else buy to me a better life if priceless.

Lonnie Nord

Exit date 8/31/2022

Hear Ye', Hear Ye', all those eligible for A.I.P.

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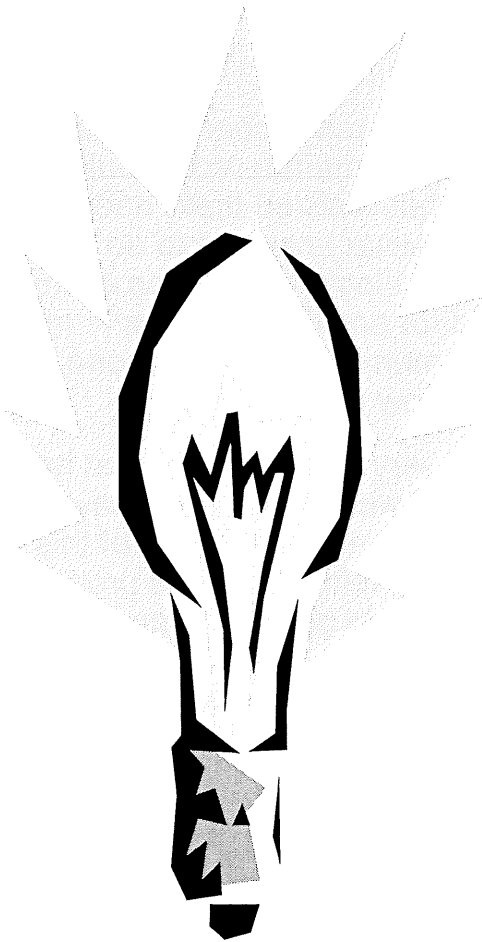


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This Is What An AIP Client Had To Say:

Why past graduates write that they don't want to be remembered is strange to me, to me being remembered is what most people do anyways, so why not be that person that puts a smile on people's faces when they think about you or better yet when you come up in conversation safter you leave and people say they miss you, that's how I want to be remembered. Though I know not all people are gona fell this way, but I can leave this place knowing I had a good impact on most of my brothers here. I want to be remembered as a winner, not just in the tournaments and competitions, but as a pers always striving for excellence by putting in the hard work and applying myself. I know that I am a leader and if I am going to lead then it is important to me to do so with pure and positive motives., leading by positive example and not influencing people negatively. Having integrity is important in my daily life as well as focusing on complete congruency, never be fake, be assertive and to always walk it like I talk it. I am far from where I want to be this program is an amazing introduction to the better me, I've always wanted to become, the hard work comes next. For all the peers in this program, the best advice I can give you is, be open to learning new things, accept all feedback even if it is something you don't want to hear, it's called constructive criticism and most of need some so get some.

Jordan Dean
Exit date 9/7/2022



Careers

What Works

Education and Recidivism

In a study of over 400,000 offenders released from prison across more than 30 states, 68 percent were re-arrested within three years and 77 percent were re-arrested over a five-year period. Unfortunately for many AICs the most likely outcome upon release is to be rearrested and it's statistics from studies like this one that leave many wondering, *what works* in terms of reducing the risk of recidivism?

In the 1970's, a few well-known studies concluded with the idea that *nothing works*, which led to a shift in focus from rehabilitation to the ideas of deterrence and "*just desserts*" prevailing in the 1980's and 90's. This was most evident in 1994 when the Violent Crime Control and Law Enforcement Act became law, stopping all federal aid (FAFSA) to the incarcerated (with level of education being associated with likelihood of recidivism).

The notion of *nothing works* is essentially the idea that those who are going to re-offend will, and no amount of programming or education will change this fact. There is some truth in this perspective as each person must make their own choices upon release. However, several studies over the last few decades have rebuked the *nothing works* concept, pivoting towards a focus on *what works* instead.

So what does work? What will help reduce the likelihood of re-arrest? There are many factors that affect recidivism. Some are static predica-

tors, such as gender, age, and criminal history, and others are dynamic factors which can be addressed, such as anti-social behavior, substance abuse, lack of education, and employment upon release. As an AIC, earning an education is the single best way to ensure employment upon release and research suggests that someone who finds a job is less likely to re-offend.

Education, specifically a college education, helps reduce the likelihood of recidivism because it increases employment opportunities upon release. Data from a Texas study shows that AICs who earn an Associate's Degree have a 13.7% recidivism rate, a Bachelors Degree a 5.6% rate, and with a Masters Degree the rate drops to less than 1%. Employment prospects for felons are already weak and education is the clearest way to improve the odds of employment. This same data also shows that those obtaining a college degree in prison increase their odds of finding post-prison employment by 59%.

Post-prison employment is also important from a cost-benefit perspective, considering that employed individuals are usually paying income taxes, which generate revenue for federal and state governments. Also, crime in general is very costly for the state (court costs, victim costs, etc...) and lesser recidivism rates would reduce state costs.

In the correctional setting obtaining a GED is highly encouraged, but support in ODOC for college education is almost non-existent. The only two available programs are the New Directions Education Project (NDEP), which allows AICs to pursue a General Associates Degree for a reduced tuition cost, and Corban University which allows the pursuit of a Bache-

lor's Degree but requires a transfer to OSCI. Space is very limited for both - available to less than 1% of the incarcerated in Oregon. Other than these two programs the only option for pursuing a college education is through correspondence courses, which can be expensive.

Some colleges offer payment plans as low as \$75 per month. Hypothetically, if an AIC were able to get a higher paying job, for example at the Call Center or Garment Factory, they could afford to make a school payment and still have money left over to support themselves - but this doesn't account for school supplies or package and mail costs. The cost of correspondence courses limits their availability to only those with the highest paying jobs in the institution or those who have family that can support them financially.

FAFSA is slated to return for the incarcerated in 2023, but clearly defined parameters and student criteria have not been identified as of yet.

On the following page are a handful of colleges that are known to work well with AICs, but there are many more out there. Writing a letter and requesting a catalog and information on correspondence based courses is the first step. Most schools will send this information for free, but some might require a Self Addressed Stamped Envelope (SASE).

While this article focuses primarily on a college education, vocational education (obtaining electrician's license, welding certification, etc...) can be equally effective. Learning a skill, gaining work experience, or learning a second language are also ways to improve your chances of employment. Studies have shown that individuals are less likely to commit a

Source: Wikipedia.org | Careers Magazine 2022 issue | Centre for Justice & Reconciliation | Skardhamar & Telle, 2012

| Level of Education | Likelihood Unemployment | Avg. Hourly Pay |
|----------------------------|-------------------------|-----------------|
| Four-Year Degree or Higher | 2.3% | \$31.99 |
| Two-Year Degree | 3.4% | \$20.90 |
| Some College, no Degree | 4.0% | \$19.35 |
| High School Diploma | 4.6% | \$17.80 |
| No High School Diploma | 6.5% | \$13.00 |

crime when they work more often and have employment that is satisfying and perceived as having career potential - and that's what works.

The following is a list of schools with correspondence courses that have worked with AICs in Oregon before. If you are interested, you may contact these schools through the mail and request a catalog and pricing information. As an AIC, you are responsible for finding and arranging college correspondence courses. The first step is to identify the schools you are interested in and then determine a payment plan or method of payment.

Ohio University

Hanning Hall 222
Athens OH, 45701
www.ohiou.edu

California Coast University

925 North Spurgeon St.
Santa Ana, CA 92701
(Accepts payments as low as \$100)
www.calcoast.com

Ashworth College

6624 The Corners Pkwy
Suite 500
Norcross, GA 30092

Adams State University

Extended Studies
208 Edgemont Boulevard
Alamosa, CO 81101

California Miramar University

9750 Miramar Rd.
San Diego, CA 92126

Southwest University

2200 Veterans Memorial Blvd.
Kenner, LA 70062
www.southwest.edu

Stratford Career Institute

PO Box 530212
Debary, FL 32753

ISSA - International Sports Science Association

1015 Mark Ave.
Carpentaria, CA 93013

Global University

1211 S. Glen Stone Ave.
Springfield, MO 65804

International Christian College

PO Box 530212
Debary, FL 32753

University of Idaho

875 Perimeter Drive MS 3081
Moscow, ID 83844

Rio Salado College

Incarceration Re-entry
2323 West 14th St.
Tempe, AZ 85281
www.riosalado.edu

Coastline Community College

Admissions Services
11460 Warner Avenue
Fountain Valley, CA 92708

Thomas Edison State College

101 West State Street
Trenton, NJ 08608
info@tesc.edu

Upper Iowa University

External Degree Office
Post Office Box 1861
Fayette, IA 52142
www.uiu.edu

University of Wisconsin

Independent Learning
505 S. Rosa Rd., Suite 200
Madison, WI 53719

Hobe Sound Christian College

PO Box 1065
Hobe Sound, FL 33475
www.hsbc.edu

My First Thanksgiving in the State Penitentiary by Joseph Beer

An unexpected lesson in the power of generosity



It might not be the Plymouth Colony pilgrims and the Wampanoag tribe, wildfowl and popcorn, but my first Thanksgiving in a state prison had a few echoes of that famous feast.

Seven years ago, I was 19, fresh upstate, and didn't know nothing about anything. My commissary account — the money I'd use to purchase approved food and cosmetic items biweekly — was virtually nonexistent. Every money order my family sent was diverted towards "surcharges," or various administrative fees connected to my conviction. My monthly 35-pound food package from home was long gone. Bottom line: I was broke. With Thanksgiving just a few days away, my holiday plan was to walk through the frigid mountain air from my cell to the mess hall to choke down whatever provisions New York State would provide for lunch and bring back a few bologna sandwiches for dinner.

I was more fortunate than some in that I worked in the mess hall. Oftentimes when we were finished serving the other inmates (approximately 800 people), the workers were allowed to split up the leftovers. One day, with the holiday approaching, I returned to my dorm with a few spare slices of pizza in my possession. As I walked into the dorm, an older dude, known as KB, waved me over to where he was sitting. The Patriots were destroying the Jets as we spoke.

“That pizza would sure be good with some pepperoni and extra cheese,” KB said casually to his friend sitting next to him. Then he turned to me. “Check it,” he said. “I’m doing a little meal for Thanksgiving. I’ll throw you a bowl of food for two slices of pizza.”

I stood there contemplating the offer. Should I give up guaranteed food for a vague promise that might or might not pan out? Then again, while the pizza was one of the better prison offerings, it was still just mess hall food. The real risk was that KB might front — in other words, fail to keep his word. That would be a clear sign of disrespect, with negative consequences for my standing among my peers.

I hesitantly took the deal and handed over the pizza.

A few days later, turkey day finally arrived. My family’s kitchen is always a hectic place on Thanksgiving, but it’s nothing compared to what I encountered in the prison kitchen that morning, where 60 people shared a single stove. It looked like complete chaos, but there was a method to the madness. Everyone who was fortunate enough to have a package from home, or commissary food, pooled their items. People started cooking at 6 a.m., working in self-organized teams. Some groups consisted of up to 10 people. Two guys manned the stove, while two others prepped whatever ingredients would be cooked next.

By lunchtime, the feast was taking shape. Already, tables were lined with buckets of rice, some perfuming the room with a coconut aroma, others just as enticing with the addition of frijoles. One table was adorned with a garbage bag filled with macaroni salad and a giant spherical Boar's Head turkey breast. Another was piled with rows of crab sticks and fish cakes. With nothing to contribute, I took in the scene — no KB in sight — and kept walking. I tramped down that hill, ate what was in the mess hall, and got my four slices of bread and bologna, as planned.

After I returned from chow, a few fellow inmates took pity on me. Into my bowl went a big slice of mac and cheese, a mound of fried rice, some stuffing and collard greens, and several slices of turkey. I took my chair into the small TV room and sat down to watch a movie. Hours passed, and suddenly I heard a loud knock on the window. KB motioned for me to come over to the cooking area. "Where your bowl at?" he asked. Uh oh.

My third meal of the day consisted of steamed cabbage, coconut rice, and yams, along with fish cakes and fried chicken.

"I threw in some crabby patties," he said. "Let me know how it came out."

Speechless, I took a bite. It was amazing.

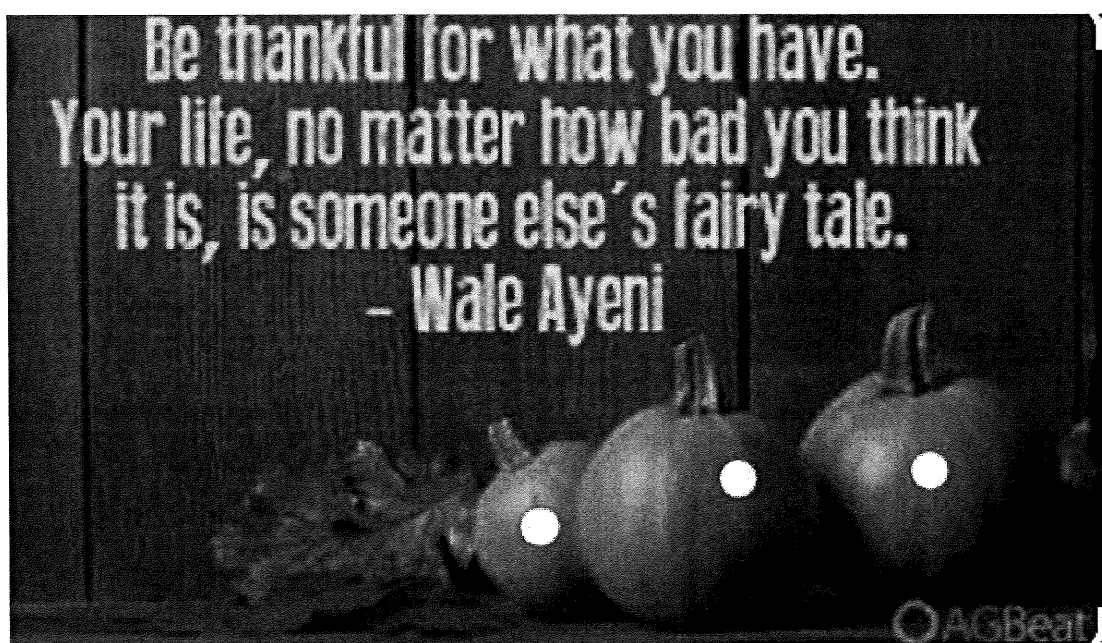
I went to sleep that night with a full belly — a rare feeling in a place where I routinely went 14 hours with just four slices of bread to hold me over.

Thanksgiving really changed for me that night. It was the first time I really understood, on a personal level, how powerful generosity could be.

I eventually learned how to cook and began organizing my own Thanksgiving meals in prison, whenever I was able to, pooling resources with my fellow inmates and spreading out the good fortune like others had taught me. “Thanksgiving is big for me in the streets,” another inmate, Dondre Riddick, told me as we cooked up our plans for 2018. “My whole family gets together. But they ain’t here right now, so we got to *make* a family and do it big.”

That’s exactly what we did: BBQ chicken, mac and cheese, coconut rice, turkey, yams, seafood salad, collard greens and cranberry sauce. It took hours to prepare, but it was well worth the effort. And everyone was eager to share — especially with guys who, like me seven years before, had nothing to give. In the end, we fed at least 20 people. As we sat and watched football, a fellow NYU student and good pal, Aunray Stanford looked towards me. “Yo, that BBQ chicken was fire,” he said.

I flashed him a grin. “I ain’t gon lie,” he added, voicing a sentiment that would have been familiar to the participants in that first Thanksgiving feast. “I feel mad good inside giving away all that food.”



Gratitude Exercises

Gratitude means appreciating the good things in life, no matter how big or small. Making the practice of gratitude a regular part of your day can build happiness, self-esteem, and provide other health benefits.

Gratitude Journal

Every evening, spend a few minutes writing down some good things about your day. This isn't limited to major events. You might be grateful for simple things, such as a good meal, talking to a friend, or overcoming an obstacle.

Give Thanks

Keep your eyes open throughout the day for reasons to say "thank you." Make a conscious effort to notice when people do good things, whether for you or others. Tell the person you recognize their good deed, and give a sincere "thank you."

Mindfulness Walk

Go for a walk and make a special effort to appreciate your surroundings. You can do this by focusing on each of your senses, one at a time. Spend a minute just listening, a minute looking at your surroundings, and so on. Try to notice the sights, sounds, smells, and sensations you would usually miss, such as a cool breeze on your skin, or the clouds in the sky.

Gratitude Letter

Think about someone who you appreciate. This could be a person who has had a major impact on your life, or someone who you would like to thank. Write a letter that describes why you appreciate them, including specific examples and details. It's up to you if you'd like to share the letter or not.

Grateful Contemplation

Remove yourself from distractions such as phones or TV and spend 5-10 minutes mentally reviewing the good things from your day. The key to this technique is *consistency*. Think of it like brushing your teeth or exercise—it should be a normal part of daily self-care. This technique can be practiced as part of prayer, meditation, or on its own.

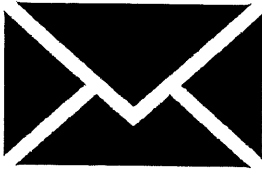
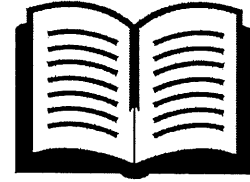
Gratitude Conversation

With another person, take turns listing 3 things you were grateful for throughout the day. Spend a moment discussing and contemplating each point, rather than hurrying through the list. Make this part of your routine by practicing before a meal, before bed, or at another regular time.

Ejercicios de Gratitud

Diario de Gratitud

Cada noche, escribe cinco cosas buenas del día. Las cosas no tienen que ser profundas; pueden ser tan sencillas como “un buen almuerzo,” “hablar con un amigo,” o “superar algo difícil.”



Escribe una Carta

Piensa en alguien quien ha tenido un gran impacto en tu vida, alguien a quien le agradeces, o alguien quien te gusta tener en tu vida. Escribe una carta con las razones para que le agradeces, y envíásela.

Visita a Alguien quien te Agradeces

Visita a la persona quien te agradeces. Puedes leer la carta o simplemente decirle porque le agradeces.

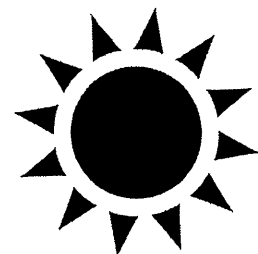


Diga “Gracias”

Durante el día, date cuenta de razones para decir “gracias.” Trata de reconocer las cosas normales que alguien hace que no notas normalmente, como un compañero quien trabaja bien, o un amigo que te apoya.

Toma un Paseo de Gratitud

Toma un paseo y date cuenta de los alrededores. Puedes darte cuenta del olor de las flores, de un edificio lindo, o de una brisa calmante. Toma unos minutos para enfocarte en cada una de tus sentidos para sentirte cosas nuevas.



Gratitude Journal

Three Good Things

Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...

Day 2

Something I accomplished today...

Something funny that happened today...

Someone I was thankful for today...

Gratitude Journal

Three Good Things

Day 3

Something I was thankful for today...

Today I smiled when...

Something about today I'll always want to remember...

Day 4

One good thing that happened to me today...

Today was special because...

Today I was proud of myself because...

Gratitude Journal

Three Good Things

Day 5

Something interesting that happened today...

Someone I was thankful for today...

Today I had fun when...

Day 6

Something about today I'll always want to remember...

Something funny that happened today...

My favorite part of today...

Gratitude Journal

Three Good Things

Day 7

Something I was happy about today...

Something good I saw someone do today...

Something I did well today...

Mi diario sobre la gratitud

Tres cosas buenas

Día 1

Una cosa buena que me sucedió el día de hoy...

Algo bueno que vi hacer a alguien...

Hoy me divertí cuando...

Día 2

Algo que logré el día de hoy...

Algo chistoso que sucedió el día de hoy...

Alguien por quien estoy agradecido el día de hoy...

Mi diario sobre la gratitud

Tres cosas buenas

Día 3

Algo por lo que estoy agradecido el día de hoy...

Hoy sonreí cuando...

Algo que siempre quiero recordar sobre el día de hoy...

Día 4

Una cosa buena que me sucedió el día de hoy...

Hoy fue especial porque...

Hoy me sentí orgulloso de mí mismo porque...

Mi diario sobre la gratitud

Tres cosas buenas

Día 5

Algo interesante que sucedió el día de hoy...

Alguien por quien estoy agradecido el día de hoy...

Hoy me divertí cuando...

Día 6

Algo que siempre quiero recordar sobre el día de hoy...

Algo chistoso que sucedió el día de hoy...

Mi parte favorita del día de hoy...

Mi diario sobre la gratitud

Tres cosas buenas

Día 7

Algo por lo que me sentí feliz el día de hoy...

Algo bueno que vi hacer a alguien...

Algo que hice bien el día de hoy...

NOVEMBER 2022

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

Holidays and Observances: 8: Election Day, 11: Veterans Day, 24: Thanksgiving Day, 25: Black Friday

Wiki Calendar

TO DO

TOP PRIORITIES

GOAL DATE

★

★

★

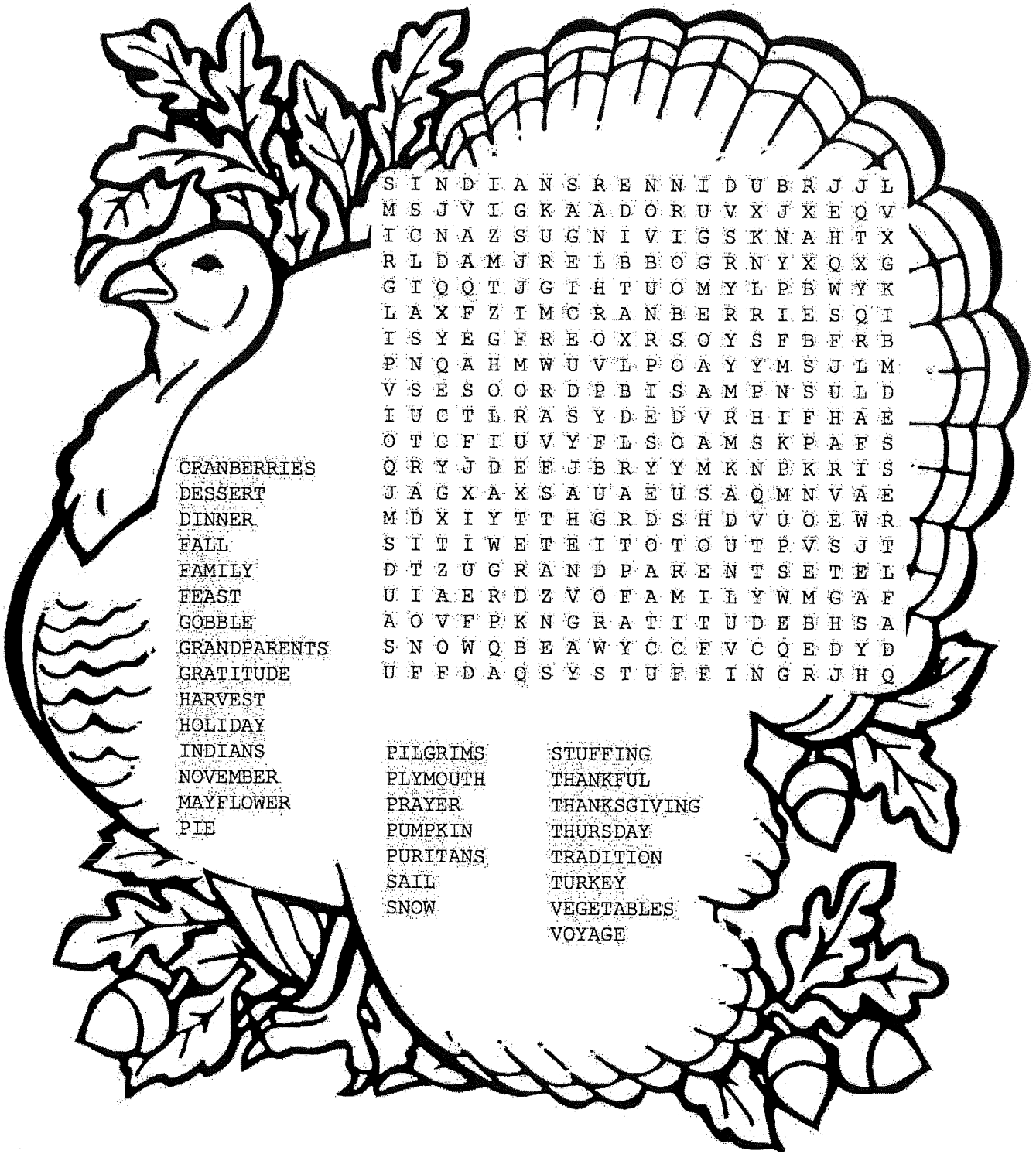
SECONDARY TASKS

NOTES

Name _____

Date _____

Thanksgiving Word Search



S I N D I A N S R E N N I D U B R J J L
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I C N A Z S U G N I V I G S K N A H T X
R L D A M J R E L B B O G R N Y X Q X G
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CRANBERRIES
DESSERT
DINNER
FALL
FAMILY
FEAST
GOBBLE
GRANDPARENTS
GRATITUDE
HARVEST
HOLIDAY
INDIANS
NOVEMBER
MAYFLOWER
PIE

PILGRIMS
PLYMOUTH
PRAYER
PUMPKIN
PURITANS
SAIL
SNOW

STUFFING
THANKFUL
THANKSGIVING
THURSDAY
TRADITION
TURKEY
VEGETABLES
VOYAGE

Name: _____ Date: _____ Period: _____

Dia de los Muertos

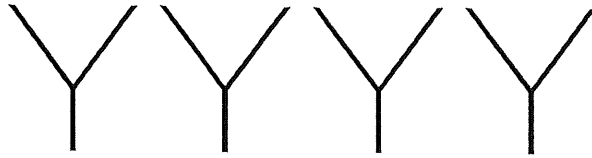
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noisemaker
rituals
ghoulish
halloween
papelespicados
losangelitos
eldiadedifuntos
elaltar
calavera

gravestones
graves
skeletons
mexican
pandemuertos
lanochededuelo
eldiadelosmuertos
donjuantenorio
calaca

allsaintsday
morbid
skulls
zempasuchitl
ofrenda
hojanldra
eldiadetodoslossantos
calaverear
Alabanza

Thanksgiving Word Scramble

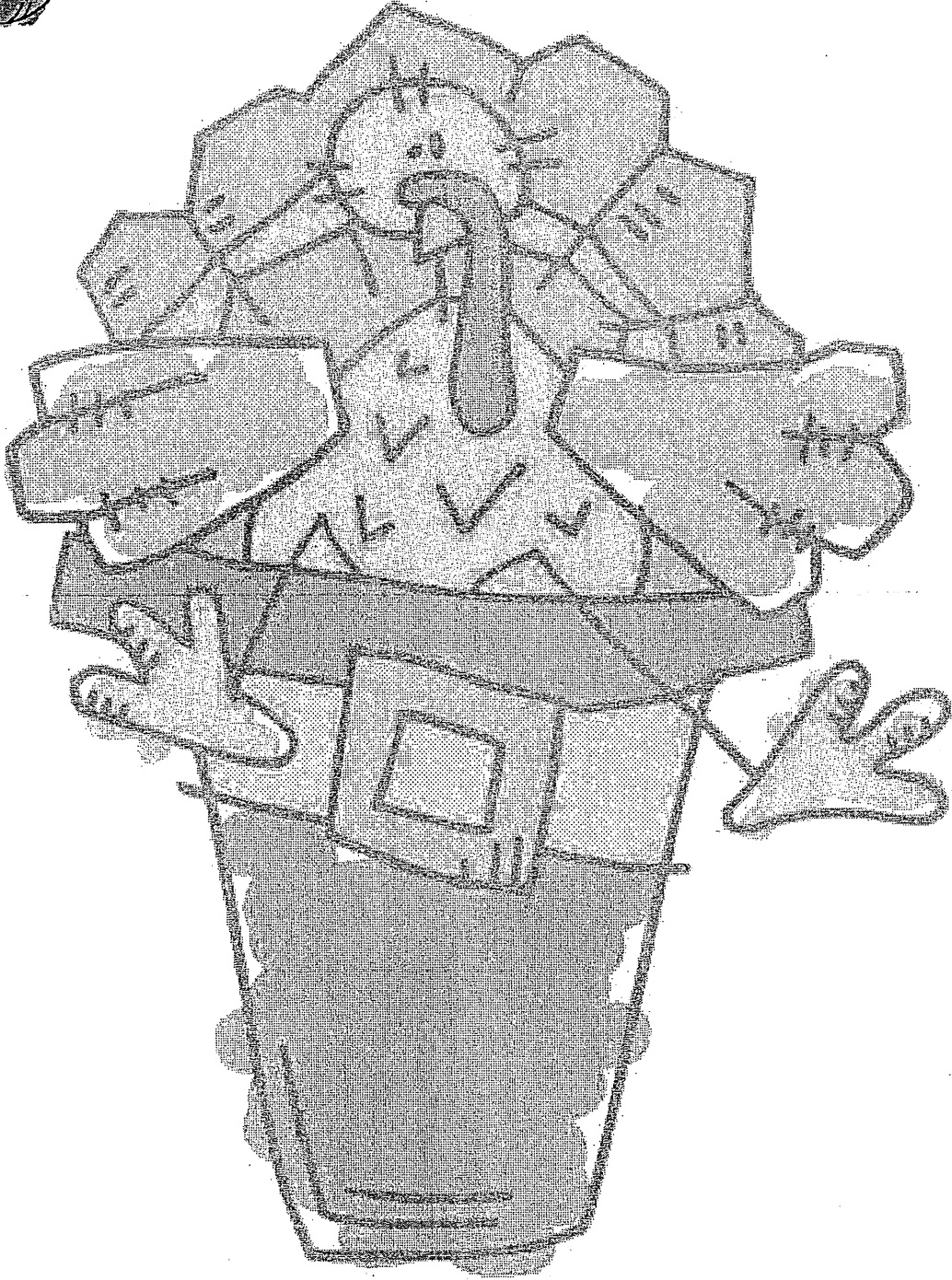
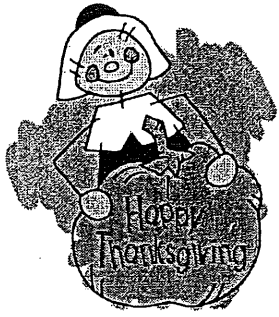


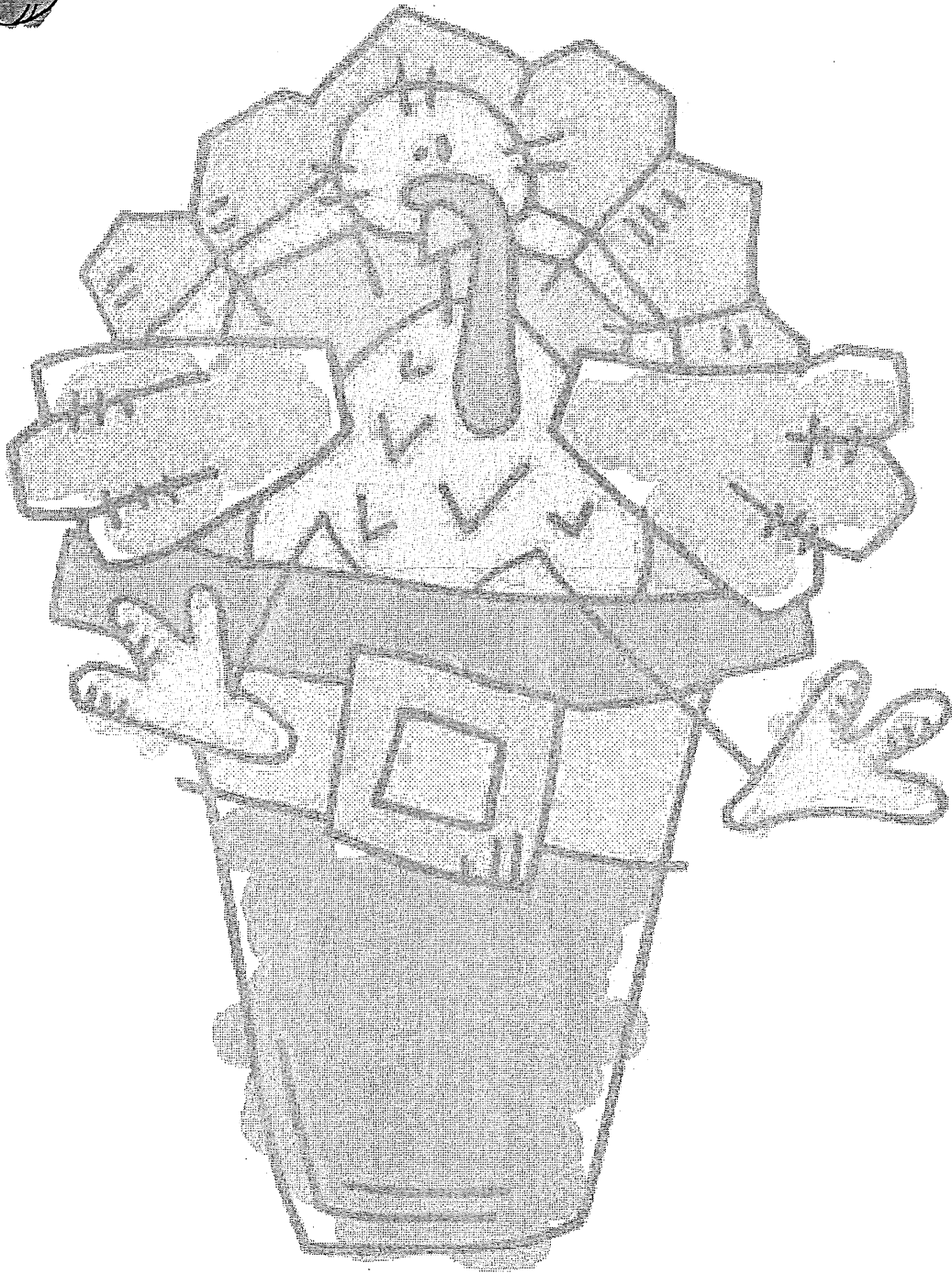
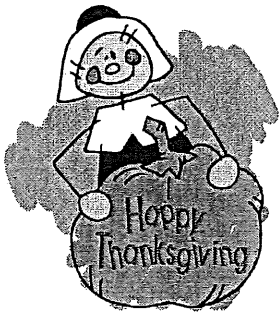
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10. **syam** _____
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12. **eremnbob** _____
13. **gobeb** _____
14. **dessret** _____
15. **ngstufif** _____
16. **uyhtarsd** _____
17. **efats** _____
18. **rgavy** _____
19. **nnasidi** _____
20. **rbeda** _____

November

I W W P T I N D I A N S C O J
P Q M I H N C O L O N I S T S
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U R Z S K E F E A S T X E D R
M I E V S M V P C V T E T M M
P T J Q G B O H C R U G E Y F
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N E I U I U R V N A E Y N N K
J D U K N F G H H K Y Z U L V
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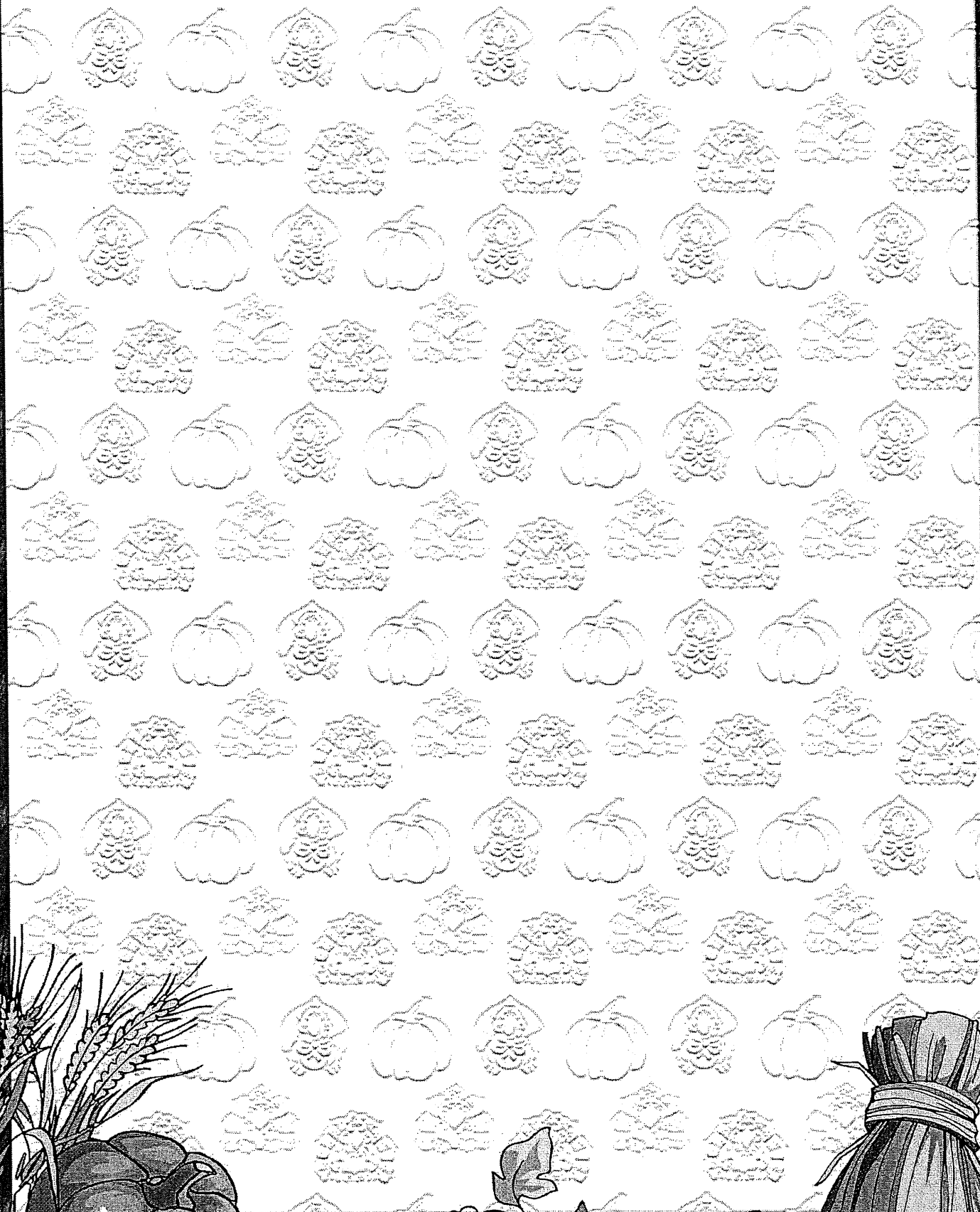
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| DAYLIGHT | ELECTION | TURKEY | TRADITIONS |
| NOVEMBER | FAMILY | SNOW | FEAST |
| THANKSGIVING | MAIZE | PUMPKIN | COLONISTS |
| VOTER | INDIANS | VETERAN | HERITAGE |

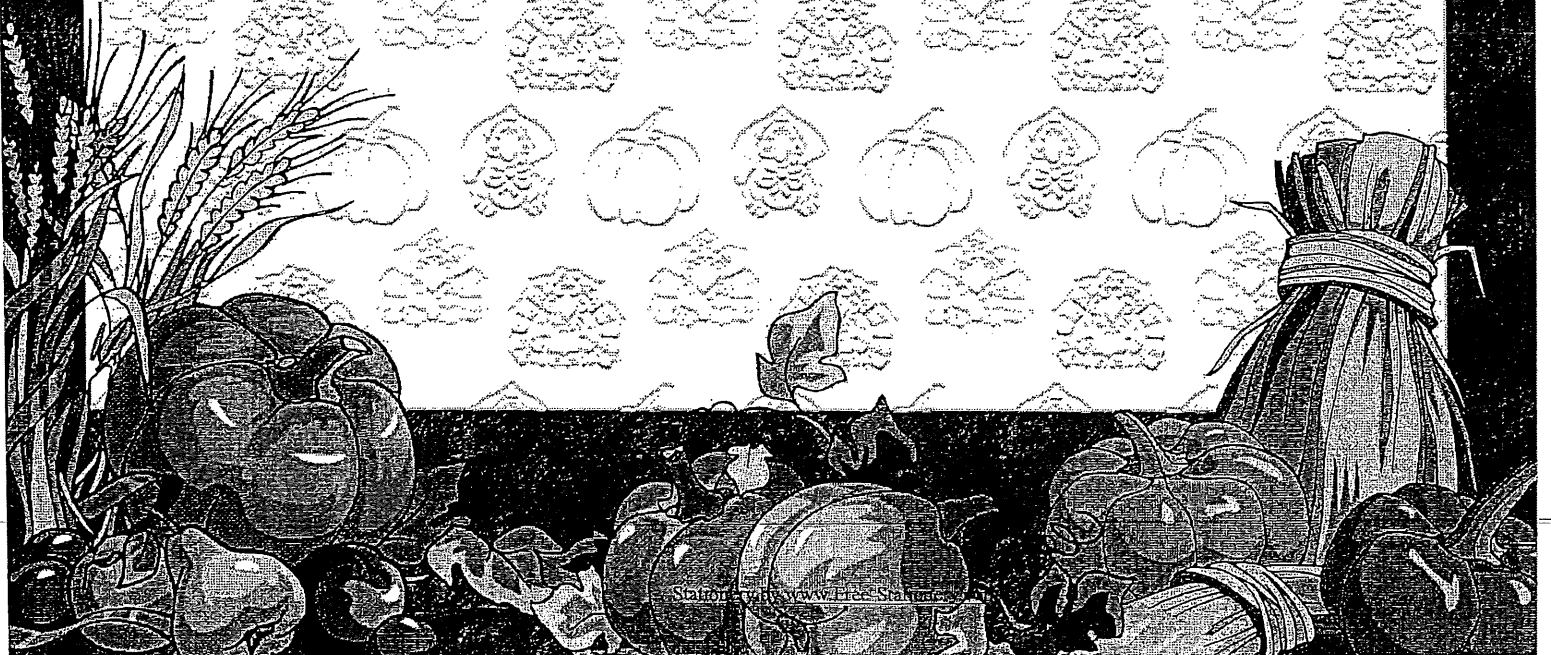
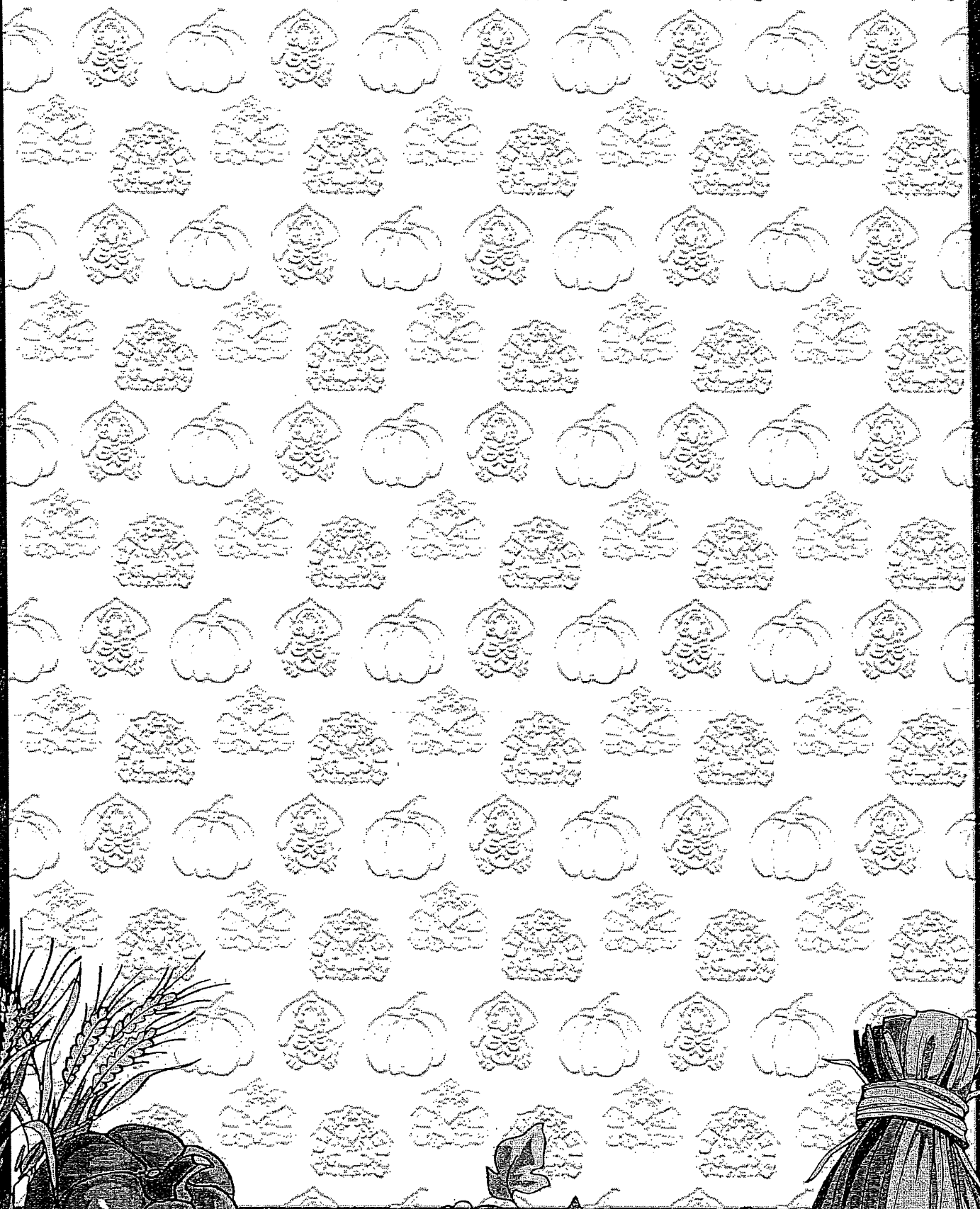


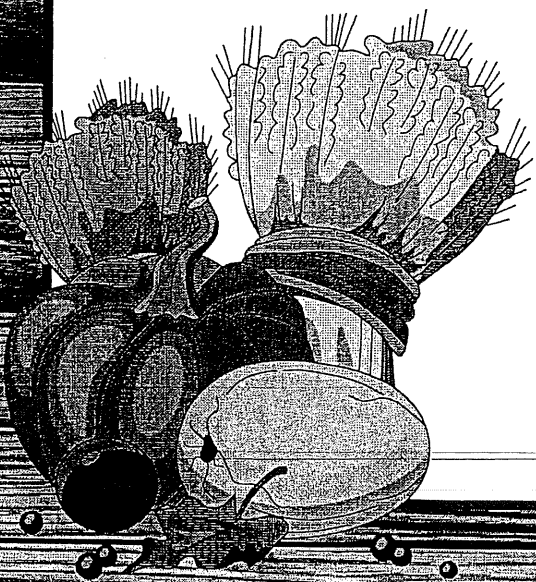


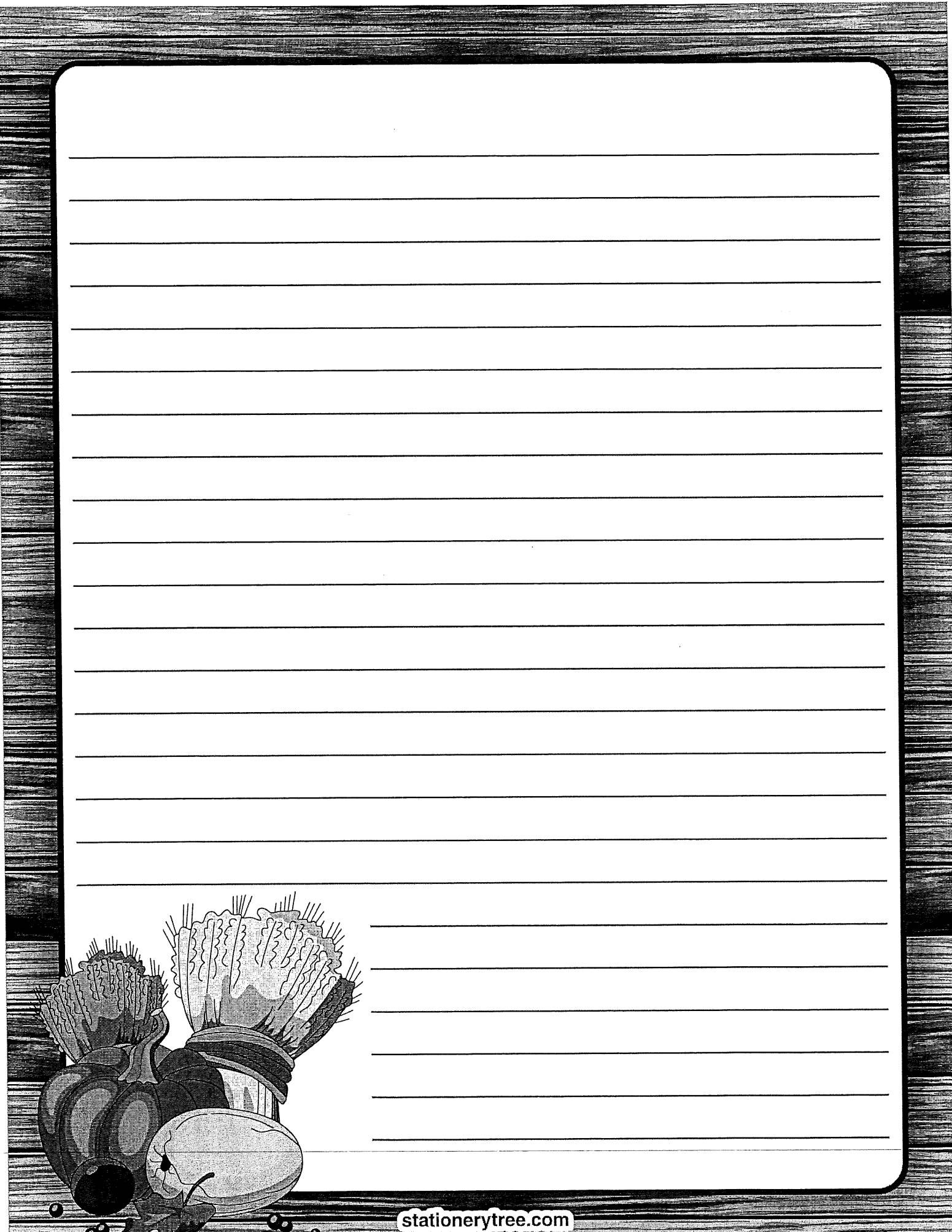












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