

SECURITY

Prison Rape Elimination Act Questions and Answers



Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?

Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, AIC communication and by third party.

2. If I use the PREA hotline or advocacy hotline are my calls confidential?

Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.

3. What is the buzzer sound I hear in all housing blocks, units and infirmary?

Answer: That buzzer sound is to make all AICs aware a staff member of the opposite gender has entered the area.

4. Is there a resource outside of the institution I can talk to about PREA confidentially?

Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.

The role of the advocate is to:

- Amplify the victim's voice
- Redirect victim blaming
- Provide emotional support
- Explain options for reporting
- Help victim process decision (not guide, recommend or suggest what is right)
- Provide resources and referrals
- Sit through forensic exam / investigatory interview if desired by the victim.
- Support family and friends of the victim.

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.

If you have any other PREA-related questions or concerns, please send an AIC Communication to Lt. Hakola or Capt. Porter.

/s/ C. Porter, Group Living Captain

EDUCATION



University of Oregon Spring Classes UNIVERSITY OF OREGON Apply Now!

If you are interested in taking a for-credit class this spring (April 3 - June 16), applications are now open! \$50 per class (scholarships are available).

Applications are due March 10th.

Our spring term classes are:

INSIDE-OUT CLASS (Monday evenings) GEOG 444/544 Cultural Geography/Shaul Cohen

INSIDE-OUT CLASS (Tuesday evenings) REES 408/508 Ethics and Literature: Levinas and Vasily Grossman's Stalingrad/Steven Shankman

In person inside only (Monday Evening) MATH101/Foundations of Algebra and Mathematical Modeling/Instructor AJ Rise

Packets (no in-person meetings) GEOG 410/510 Environment, Society, and the Imagination of Place/Scott Warren

For additional class information and an application, send an AIC Communication Form to Education.

/s/ K. Dwyer, UO Education



HEALTH SERVICES

JOB ANNOUNCEMENT

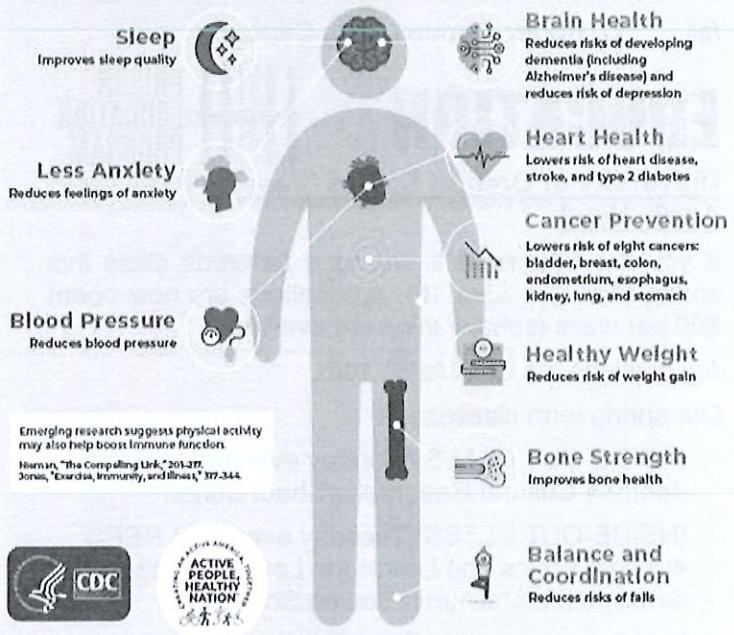
Health Benefits of Physical Activity for Adults

IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



- Sleep**
Improves sleep quality
- Less Anxiety**
Reduces feelings of anxiety
- Blood Pressure**
Reduces blood pressure
- Brain Health**
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression
- Heart Health**
Lowers risk of heart disease, stroke, and type 2 diabetes
- Cancer Prevention**
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Healthy Weight**
Reduces risk of weight gain
- Bone Strength**
Improves bone health
- Balance and Coordination**
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function. Harris, "The Compelling Link," 2013-17; Jones, "Exercise, Immunity, and Illness," 377-344.

Source: Physical Activity Guidelines for Americans, 2nd edition. To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

Physical Plant Lock Shop Position

Applicant must be Level 3 and have at least 6 months clear conduct. The ideal candidate will have the ability to disassemble faulty mechanisms using hand tools and power tools, replace defective or worn parts, clean and lubricate parts, reassemble, and test devices without repeated step-by-step instructions. Work will include, but is not limited to, basic maintenance and repair work in a variety of trades. The candidate that is chosen for the position will be required to have dependable and predictable attendance, work well with others, take direction from the shop supervisor(s), be able to reach overhead while lifting 50 pounds on a semi-regular basis, and climb stairs daily.

The position pays 13 PRAS points multiplied by the number of days worked each month.

Please send a completed application to A. Miller, Physical Plant Lock Shop

/s/ A. Miller, Physical Plant Lock Shop 

RELIGIOUS SERVICES

Weekly Chapel Schedule

Saturday, March 11

- 8:00 am LDS
- Sweat Lodge/Smudge
- Jehovah's Witness
- 1:00 pm Jewish Service
- Seventh Day Adventist
- 6:00 pm Calvary Chapel

Sunday, March 12

- 8:00 am Spanish Protestant
- Spanish Jehovah's Witness
- 1:00 pm Catholic
- Urantia Study
- 6:00 pm Lutheran (1st/3rd/5th Sundays)

Tuesday, March 14

- 1:00 pm Agape
- Orthodox Christianity (2nd/4th Tuesdays)
- 6:00 pm Buddhist

Wednesday, March 15

- 1:00 pm Restorative Justice

Thursday, March 16

- 1:00 pm TUMI
- 6:00 pm Gospel Worship


Friday, March 17

- 1:00 pm Nation of Islam Prayer
- Sunni Jumma Prayer

A Point to Ponder

*"Weak people revenge.
Strong people forgive.
Intelligent people
ignore."*

~ Albert Einstein

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>MARCH 2023</h1>						
5	6	7	8	9	10	11
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
A/D	C/E	SHOWERS	C/E	A/D	SHOWERS	A/D
C/E	A/D	C/E	A/D	C/E	A/D	C/E
E	D	A/C	E	D	A/C	E
PRAS						
12	13	14	15	16	17	18
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
C/E	A/D	A/D	A/D	C/E	SHOWERS	C/E
A/D	C/E	C/E	C/E	A/D	C/E	A/D
D	A/C	E	D	A/C	E	D
DAYLIGHT SAVINGS TIME BEGINS						
19	20	21	22	23	24	25
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM
EVE	EVE	EVE	EVE	EVE	EVE	EVE
A/D	C/E	SHOWERS	C/E	A/D	SHOWERS	A/D
C/E	A/D	C/E	A/D	C/E	A/D	C/E
A/C	E	D	A/C	E	D	A/C
ST. PATRICK'S DAY						
26	27	28	29	30	31	
AM	AM	AM	AM	AM	AM	
PM	PM	PM	PM	PM	PM	
EVE	EVE	EVE	EVE	EVE	EVE	
C/E	A/D	SHOWERS	A/D	C/E	SHOWERS	
A/D	C/E	A/D	C/E	A/D	C/E	
E	D	A/C	E	D	A/C	
						

Healthy diets improve our overall health now and can help us maintain good health as we get older. Meeting your nutrient needs now can help you have a healthier future.



eat right. Academy of Nutrition and Dietetics

Nutrition needs change as we get older, so having good physical health now can make a difference in how healthy we are as we get older. For example, a person’s metabolism usually slows down with age. If you are overweight or obese now, it may be easier to lose weight when you are younger instead of trying to do it when you’re older. If you are not getting regular exercise now, it may be easier to start an exercise program now when your muscle strength is better. If muscles are not exercised regularly, they will lose strength and elasticity, which makes exercise and recovery more difficult.

Older adults also need less calories than young adults. It’s easy to over-eat as we get older if we keep eating the same amount of food that we did when we were younger. The chart below shows the recommended calorie intake for adults.

Age Range	Recommended Daily Calories for Moderately Active Adult Males	Age Range	Recommended Daily Calories for Moderately Active Adult Females
19-20	2800	19-20	2200
21-25	2800	21-25	2200
26-30	2600	26-30	2000
31-35	2600	31-35	2000
36-40	2600	36-40	2000
41-45	2600	41-45	2000
46-50	2400	46-50	2000
51-55	2400	51-55	1800
56-60	2400	56-60	1800
61-65	2400	61-65	1800
66-70	2200	66-70	1800
71-75	2200	71-75	1800
76 & up	2200	76 & up	1800

Source: USDA Food and Nutrition Service. www.fns.usda.gov



Mainline		Week at a Glance						
		Monday 3/13/2023	Tuesday 3/14/2023	Wednesday 3/15/2023	Thursday 3/16/2023	Friday 3/17/2023	Saturday 3/18/2023	Sunday 3/19/2023
Week 2	BREAKFAST	Pancakes Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa, Chl) - 1.00 EA Pancakes (Sod, Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Breakfast Burrito Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa, Chl) - 0.33 CP Refried Beans - 0.50 CP Shredded Cheese (Sfa, Chl) - 2.00 TBS Salsa (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Waffles Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Egg & Cheese Muffin Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa, Chl) - 1.00 EA Sliced Cheese (Sfa) - 1.00 SLC English Muffin (Sfa, Chl) - 1.00 EA Fried Potatoes (Sfa) - 0.75 CP Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Biscuit with Sausage Gravy Faina - 1.00 CP Canned Fruit - 0.50 CP Sausage Gravy - 0.75 CP Biscuit (Sfa, Sod) - 1.00 EA Hashbrowns (Sfa) - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Eggs & Bacon Canned Fruit - 0.50 CP Scrambled Eggs (Sfa, Chl) - 0.33 CP *Pork Bacon (Sfa, Sod, Chl) -3.00 SLC Fried Potatoes (Sfa) - 0.75 CP Wheat Potatoes (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal, Egg & Breakfast Pastry Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa, Chl) - 1.00 EA Breakfast Pastry (Sfa, Chl) - 1.00 EA Skim Milk - 1.00 EA Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
	LUNCH							
Week 2	BBO Beef Sandwich	Vegetable Soup (Sod, Chl) - 10.00 FLOZ Barbeque Beef (Sod, Chl) - 0.50 CP Wheat Hoagie Roll - 1.00 EA Carrots - 0.75 CP Canned Fruit - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Chef Salad *Soup of the Day (Sod, Chl) - 10.00 FLOZ Chef Salad w/Turkey (Chl) - 1.00 SV Hard Boiled Egg (Sfa, Chl) - 1.00 EA Shredded Cheese (Sfa, Chl) - 2.00 TBS Salad Dressing (Sfa, Sod) - 2.00 FLOZ Blended Vegetables - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Fried Egg Sandwich Minestrone Soup - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl, Sfa) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Deif Sandwich & Soup of the Day *Soup of the Day (Sod, Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod, Chl) - 1.00 EA *Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP *Mayo & Mustard (Sod) - 2.00 TBS TBS Carrots - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Chicken Tortilla Stew Coleslaw (Sod) - 0.75 CP Chicken Tortilla Stew (Chl) - 10.00 FLOZ Brown Rice - 0.75 CP Broccoli - 0.75 CP Tortilla Chips - 1.00 OZ Sour Cream (Sfa, Chl) - 2.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Pork Fajitas Texas Slaw - 0.75 CP *Pork Fajita Mix (Sod, Chl, Sfa) - 0.50 CP Onions & Bell Peppers - 0.50 CP Wheat Tortillas (Sfa, Sod) - 2.00 EA Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Salsa (Sod) - 0.25 CP Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Roast Turkey & Gravy Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Roast Turkey (Chl) - 3.00 OZCKD Poultry Gravy - 2.00 FLOZ Mashed Potatoes - 0.75 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Frosted Cake (Chl) - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ
	DINNER	Chicken Stir Fry Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Stir-Fry (Chl) - 0.50 CP CP White Rice - 0.75 CP Stir-Fry Vegetables - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa, Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ	Chicken Creole w/Rice Pilaf Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Baked Chicken (Chl) - 3.00 OZ Creole Sauce - 2.00 FLOZ Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Fruit Bar (Sfa, Sod, Chl) - 1.00 EA Tea - 8.00 FLOZ	Chili Mac w/ Cornbread Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chili Mac (Chl, Sfa) - 1.25 CP Green Beans - 0.75 CP Cornbread (Sod, Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Pizza Night Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Vegetable Soup (Sod) - 10.00 FLOZ Pizza (Choice) (Sod, Chl, Sfa) - 1.00 EA Brownie (Sfa, Chl) - 1.00 EA Tea - 8.00 FLOZ	Philly Cheese steak Sandwich Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Philly Beef (Sod, Chl) - 3.00 OZ Cheese Sauce (Sfa, Chl) - 2.00 FLOZ Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 1.00 EA Peas and Carrots - 0.75 CP Gelatin & Whip Topping - 0.50 CP Tea - 8.00 FLOZ	Chicken Burger w/Tater Tots Beet Salad (Sod) - 0.75 CP Chicken Burger (Chl, Sfa) - 1.00 EA BBQ Sauce - 1.00 FLOZ Wheat Burger Bun (Sfa, Chl) - 1.00 EA Cauliflower - 0.75 CP Tater Tots (Sod) - 4.00 OZ Ketchup (Sod) - 2.00 TBS Tea - 8.00 FLOZ	Spaghetti w/Meat Sauce Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Meat Sauce (Chl, Sfa) - 0.75 CP Spaghetti - 0.75 CP Blended Vegetables - 0.75 CP French Bread - 1.00 SLC Garlic Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu is subject to change without notice. Appropriate food substitutions are approved by a Dietitian.
*Items contain or may contain pork. Meat-Alternative Trays are available at lunch and dinner only.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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