



Warner Creek Trails

P.O. Box 1500, 20654 Rabbit Hill Rd., Lakeview, OR 97630

Volume 23 Issue 4

April 2023



DATES TO REMEMBER:

April 1

April Fool's Day

April 7

Good Friday

April 9

Easter

April 22

Earth Day

WINNING WORDS:

"We cannot solve problems with the kind of thinking we employed when we came up with them."
— Albert Einstein

Did you know?

- April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.
- April is named for the Greek goddess of love, Aphrodite.
- The name for the month of April originally came for *Aprils* which means to open.
- Small animals that hibernate are usually coming out of their burrows in April. The birds fly back northward and settle down to have their families. The bees and butterflies begin to gather nectar from the first flowers of the season.
- In some parts of the world, it is planting time, while in other parts, it is the harvest season.
- April is Humor Month, so laugh it up!
- The birthstone for April is the diamond.
- The zodiac signs are Aries (March 21 – April 19) and Taurus (April 20-May 20).
- The birth flowers for the month of April are the sweet pea and the daisy.

Historical moments in the month of April

America's first astronauts were announced by NASA on April 9, 1959.
The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828.

The Titanic sank on April 15, 1912.

The Revolutionary War in America began on April 19, 1775.

The United States Library of Congress was established April 24, 1800.

Our first President George Washington was inaugurated on April 30, 1789.

- Easter is almost always in April, and, with it comes other Christian celebrations such as Palm Sunday, Maundy Thursday, and Good Friday.
- April is also the month of the Thai New Year in Thailand and the Khmer New Year in Cambodia.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 1/1/2023.

PROPOSED RULES:

291-009 Tours

Amends rule to update the term used to refer to adults in custody, remove gendered language, remove designee for tour approvals, and update those interested groups and individuals that may be allowed tours.

291-052 Transfers and Responsibilities Between Oregon Youth Authority and Department of Corrections

Amends rule to confirm that transfers to youth correction facilities must be authorized under and consistent with applicable state statutes and include changes in terminology and other technical corrections.

291-069 Security Threat Management

Amends rule to increase the number of days allowed for temporary segregation; change the term "inmate" to "adult in custody" to incorporate the new statutory term for individuals incarcerated in DOC institutions; and modify the identification of AICs assigned to the STM caseload. With the modification of criteria for placement onto an STM caseload, monitoring of AICs who are the top two percent affiliated with serious institution misconduct is increased.

Public Hearing: 4/27/2023 at 2:00PM - 2:30PM

291-077 Performance Recognition and Award System

Amends rule to adjust the PRAS matrix creating a more even point spread in the first three levels; add two more levels to reduce the chance of "maxing out"; and include an overall 25 percent increase in the dollar value of each level of the PRAS matrix to counteract the effects of the consumer price index and the impact this had on canteen increases.

From the Administrative Rules Program:

PERMANENT RULES:

291-117 Personal Property (AIC)

Amends rule to reflect current department policy and practice and to remove gender-based language. More specifically, it is the department's current policy and practice that AICs are authorized to possess certain cosmetic appliances as personal property irrespective of AIC gender, but only at specific Department of Corrections facilities that the department has authorized for personal possession and use of cosmetic appliances based on facility infrastructure or physical plant design and capacity considerations.

291-121 Handiwork (AIC)

Repeals rule to replace it with the Learning Entrepreneurship, Arts, and Production (LEAP) rule in order to allow for a broader range of Adults in Custody (AICs) to participate in entrepreneurial programs. The Handiwork OAR 291-121 is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

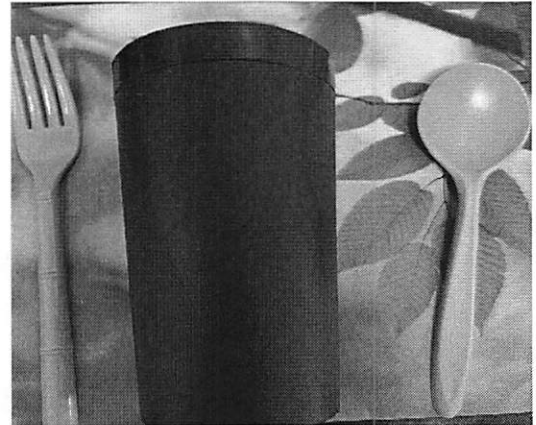
291-124 Health Services

Amends rule to establish circumstances in which the Department of Corrections will provide medically acceptable durable medical equipment (eyeglasses, medical prostheses, and hearing aids) at state expense, to adults in custody, and procedures concerning the provision of repair and maintenance of that equipment; to provide clarification that the free copy of medical records for AIC aren't subject to the same timeframes as public records requests; and to change the name of the Medication Assisted Treatment program (MAT) to Medications for Opioid Use Disorder (MOUD) and remove reference to "pilot".

291-172 LEAP

Adopts rule to provide guidelines for a program allowing adults in custody to constructively use non-programming time to engage in a positive learning experience with the possibility to earn funds for use during incarceration or after release. This rule OAR 291-172 LEAP will replace OAR 291-121 Handiwork (AIC), which will be repealed. OAR 291-121 Handiwork (AIC) is outdated and does not allow for the Department of Corrections to expand AIC entrepreneurial craft type of sales to other locations.

What's cooking?



We will be issuing one cup one fork and one spoon for each AIC

The AIC will be responsible to them as part of their property

The AIC is responsible for bring their set to the dining room for chow.

If one of the items are lost or broke before 6 month the AIC will be responsible for the cost to replace the item.

This set will be turned in when leaving the institution with other property.

If you have any questions please contact me with a kyte.

The AIC Tumbler Set is all in, it will consist of one tumbler, one fork and one spoon.

The replacement cost is:

Tumbler 1.21

Fork .14

Spoon .16

If they are lost or broke before 6 months they will be responsible to cover the replacement cost

After 6 months it will be a one for one exchange.

Thank you

Food Service Manager Chase



We are also implementing a veggie tray sign up

We are implementing a veggie tray sign up. The sheet to sign up on will be near the water station. An AIC wanting a veggie tray will sign up the previous day.

This will allow veggie trays to be served quicker as we will have the amount of tray needed for each meal.

It will limit waste. The produce will be made fresh daily. The beans and rice will be the right amount needed for each meal.

With this in mind if an AIC signs up for a veggie alternative tray they will be responsible to come to chow and get their tray.

Thank you

Food Service Manager Chase

Preventative Health Care

Screening

ENGLISH: DOC Medical Services is interested in partnering with you to promote healthy behaviors and ensure you are as healthy as possible. If you are interested in discussing your health risk factors and ways you can maintain and improve your health, please send an AIC Health Communication to Medical Services and request a “preventative health care screening” appointment.

SPANISH: Los Servicios de Salud del Departamento de Correccionales esta interesado en asociarse con usted para promover comportamientos saludables y garantizar que este lo mas saludable posible. Si esta interesado en hablar sobre los factores de riesgo de su salud y las formas en que puede mantener y mejorar su salud, envíe una Comunicacion de Salud Medica No-Urgente a Los Servicios de Salud y solicita una “cita de evaluacion de atencion medical preventiva.”



HEALTH SERVICES



HAZARDOUS MEDICINE

Health Services would like to inform you of changes we are making to the way we provide certain medicine.

Some medicines need special handling because they can harm the person giving them. These are called “hazardous medicines.”

Studies have found that healthcare staff who are exposed to these medicines can have side effects from them.

Healthcare staff can protect themselves by wearing protective garments when handling these medicines.

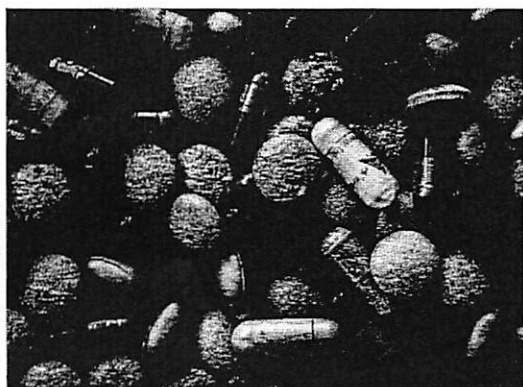


Photo by Raimond Klavins, Unsplash

WHAT TO EXPECT

You may see healthcare staff wearing gloves, gowns, or face masks. This is to help limit their contact with hazardous medicines.

Some staff may wear more protective garments than others. This could be due to the type of medicine they are handling or how they are giving it. Not all hazardous medications carry the same risk. It could also just be their personal preference!

If you are taking a hazardous medicine, you will no longer be able to keep it in your cell. This is to help limit exposure to others, not because you have done anything wrong.



Q: IS IT SAFE FOR ME TO TAKE A HAZARDOUS MEDICINE?

A: People take a hazardous medicine when there are more benefits from the medicine than there are risks. One example of a hazardous medication is chemotherapy. Chemotherapy is a medicine that is strong enough to kill cancer cells. It can save the life of a person who has cancer. But, because it is so strong, it can also hurt healthcare staff who handle it. By wearing protective garments, staff can make sure they are healthy enough to keep caring for their patients!

Please talk to your doctor or send a kyte to the pharmacy if you have more questions about hazardous medicine.



SERVICIOS DE SALUD

MEDICINA PELIGROSA

Servicios de Salud desea informarle de los cambios que estamos haciendo a la forma en que proporcionamos ciertos medicamentos.

Algunos medicamentos necesitan manejo porque pueden dañar a la persona que los da.

Estos se llaman "peligrosos medicinas".

Los estudios han encontrado que el personal de atención médica que está expuesto a estos medicamentos puede tener efectos secundarios.

El personal de atención médica puede protegerse usando prendas protectoras cuando manipula estos medicamentos.



Foto por Raimond Klavins, Unsplash

QUE ESPERAR

Es posible que vea al personal de atención médica usando guantes, batas o máscaras faciales. Esto es para ayudar a limitar su Contacto con medicamentos peligrosos.

Algunos miembros del personal pueden usar más prendas protectoras que otros. Esto podría deberse al tipo de medicamentos que están manejando o cómo lo están dispensando. No todos los medicamentos peligrosos llevan lo mismo riesgo. ¡También podría ser su preferencia personal!

Si está tomando un medicamento peligroso, ya no podrá guardarlo en su celda. Esto es para ayudar a limitar la exposición a los demás, no porque haya hecho algo malo.



P: ¿ES SEGURO PARA MÍ TOMAR UN MEDICAMENTO PELIGROSO?

R: Las personas toman un medicamento peligroso cuando el medicamento ofrece más beneficios que riesgos. Un ejemplo de un medicamento peligroso es la quimioterapia. La quimioterapia es un medicamento lo suficientemente fuerte como para matar las células cancerosas. Puede salvar la vida de una persona que tiene cáncer. Pero, debido a que es tan fuerte, también puede lastimar al personal de atención médica que lo manipula. ¡Al usar prendas protectoras, el personal puede asegurarse de que estén lo suficientemente saludables como para seguir cuidando a sus pacientes!

Hable con su médico o envíe un kyte a la farmacia si tiene más preguntas sobre medicamentos peligrosos.

Phone System Update

On April 5th the vender
For the phone and tablet systems will be
doing an update.

There will be 2-3 hours
During the day that the phone system will be
Down. Then the tablet system will be down
for 2-3 hours.

The exact time of the outage
Has not been determined at this time.



WCCF PHOTO PROGRAM **UPDATE/REMINDER**

The Photo Program is seeing a lot of recent denials for the following. It is your responsibility to know the dress code and photo guidelines.

The dress code is strictly adhered to in photos. The following is NOT allowed:

Pants tucked in behind shoe tongues and shoes untied.

Feet on the wall.

Underwear showing

Beanies pulled down covering the eyebrows

Hats on sideways

Necklaces visible outside of shirts

STG tattoos prominently displayed, clearly visible or identifiable

Hand signs/gestures, and gang related behavior, stances, or poses

The authorized areas for photos to be taken are:

The grass area on front and side of F-Building;

The grass area on the east side of C-Building by health services (unauthorized for loitering);

End of the concrete above the volleyball court with mountains as background;

All wooden benches on the yard.

Group photos are authorized, with **no more than 4** to a group.

It is your responsibility to know the photo guidelines.

The photographer may point out things they believe would result in the photo being denied, however it is ultimately your responsibility to know the rules. Any denial of a photo may result in loss of the ticket. Read the AIC Handbook for further explanation of rules. This can be checked out at the Unit Officer's Desk.

Photo Tickets can be purchased through the program via Photo Ticket Order Forms which can be found on your unit. One ticket = One photo (2 prints). Tickets used by an AIC other than that of who it was issued to will result in photo denial accompanied by disciplinary action.

Photographers can be found on the yard at their scheduled work times. Photo Tickets and Photos will be handed out at a designated location which will be announced over the intercom. This typically occurs on weekends, so listen for announcements. We will NOT track you down if you don't show up for pickup.

Visiting Photos

All principles of the rules stated above apply, as well as those listed below that are specific to visiting.

1. Only the inmate and the visitor (s) will be in the photograph (no other inmates).

Backdrops are allowed, props are not.

2. No kissing or inappropriate touching is allowed. Only children may sit on laps.
3. Inmates may place an arm around their visitor, however, you may not face each other and embrace. Standing behind a visitor with arms around them is acceptable as long as it is done tastefully according to Security. It is alright to hold small children.
4. Inmates on basic visits or with basic visitors will not be allowed to have photos taken.
5. Inmates may have up to 15 photos taken during a visiting session, with tickets present.
6. Visiting photos will be taken visiting days, including special visits. Photographer will be made available if not present.
7. No offensive or vulgar photos will be allowed whatsoever.

For further questions feel free to ask the photographers at their scheduled work times, or kyte the WCCF Photo Program.

WCCF Photo Program

LAW LIBRARY REMINDER

When filling out kytes for the Law Library please be as specific as possible on when you would like your appointment to be and what all you need to do while you are there. This helps to insure you get the proper time and resource for your needs.

Please make sure if you no longer need your appointment but are on a call out to at the very least come in and sign out. We will be using progressive discipline for missing appointments.

WEST LAW IS HERE AND READY TO BE USED



****ALL MISSED LEGAL CALLOUTS WILL RESULT IN AN
AUTOMATIC 4-HOUR CELL IN****



Mindfulness exercises you can do in 1 minute

Just sit

This is a basic meditation that could become the cornerstone of your mindfulness practice. It's easy to learn and is designed to be done in as little as 1 minute.

1. Sit up straight, but not stiffly, in a chair with your feet flat on the ground.
2. Place your hands in a balanced position and close your eyes.

Focus on your breathing, as you follow each breath in and out.

After 1 minute (or longer), gradually open your eyes and resume activities.

Free-range meditation

They use the example of a shower:

1. Pay attention to the action of turning faucets, standing under the spray, putting on soap.
2. Feel the warm water, trying to feel each individual stream.
3. Switch to cooler water for a couple of seconds, then back to warm water.
4. Keep your attention on the present. If your thoughts wander, gently bring them back.
5. Keep doing this for a minute to start, and you may eventually extend it to include the entire shower, and drying off as well!

You can do free-range meditation with any of your daily activities — brushing your teeth, washing dishes, drinking coffee, and even having a conversation with your spouse or friend.

WCCF Granita / Slurpee Line

Date: 03/22/2023 Start date to be announced soon.

WCCF will provide an opportunity for Adults in Custody to enjoy a Slurpee in a social environment during the summer evenings. Redemption of tickets for Slurpee will be Friday, Saturday & Sunday evenings from canteen after the evening meal along with ice cream line.

This program will embrace the Oregon Way Initiative and provide additional normalization and humanization to the AIC population at WCCF.

CD28s will be provided on the housing units. The cost will be \$5.00 for 4 tickets (\$1.25 each). Distribution of the tickets will require the AIC to sign for receipt of tickets. Each slurpee will be approximately 16 ounces.

Slurpee line will be announced in a unit rotation on Friday, Saturday & Sunday evenings and Holiday evenings only. There will be a limited number of drinks available each night.

You may redeem only 1 (one) ticket per night for a slurpee.

Tickets without a SID# will not be accepted.

On Friday, Saturday & Sunday evenings ice cream and slurpee may be consumed on the Activities Yard or in the Housing Unit. Items must be consumed, and empty containers disposed of before the closing of the dayrooms each night. These items cannot be taken to or consumed in the chow hall, programs building or activities building.

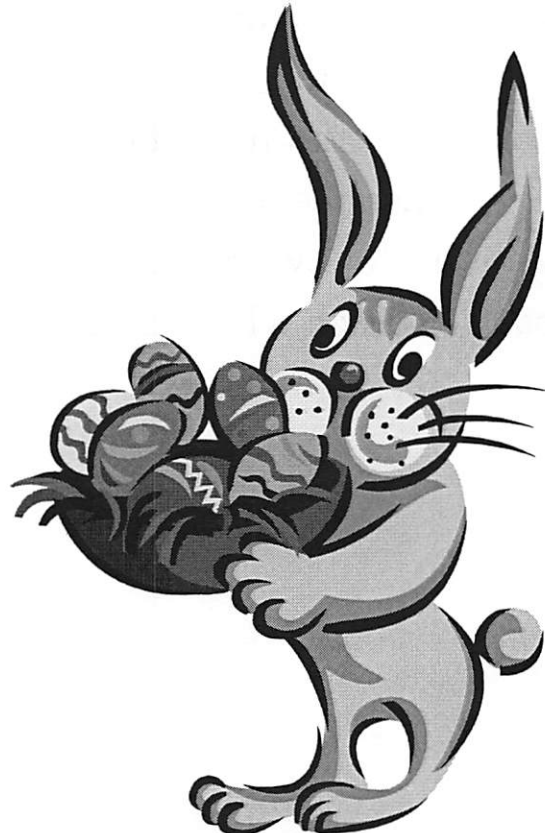
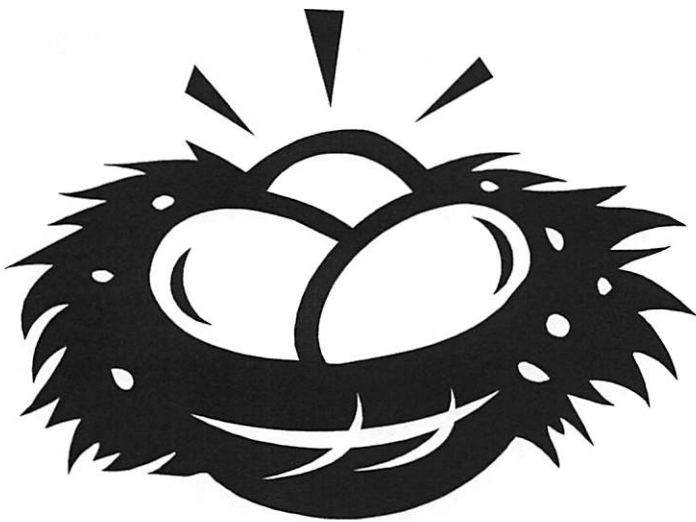
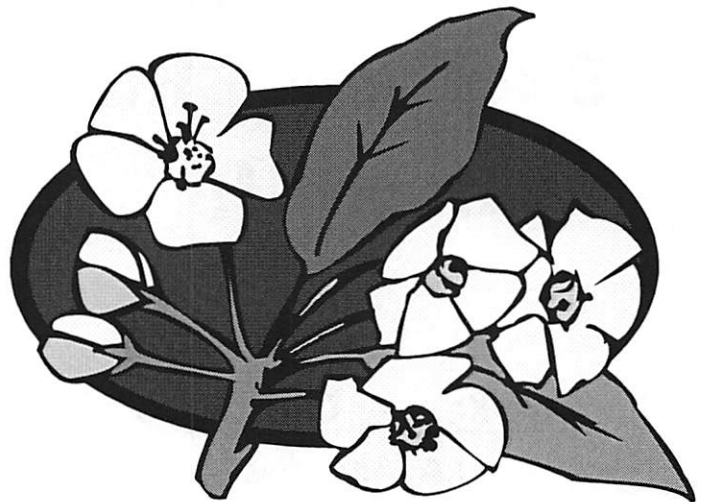
AICs will not be allowed to store or keep the plastic cups or straws.

April Education dates to know:

April 4th: Spring Term Begins/
Testing

April 5th: GED Testing

April 6th: GED Testing



Education Library Book of the Month

The Keeper Chronicles

J.A. Andrews

215.JAA.01.001 - Fantasy, Fiction

When Mallon The Undying threatened the land years ago, the elves stopped him-and then disappeared.

Now Mallon's followers seek to bring him back to finish what he started.

Independent Study of the Month:

The Conquests of the Americas

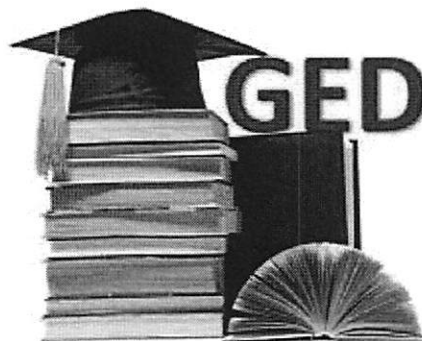
Learn the history of the conquests that built the Americas into what they are today in this exciting 24 lecture course.



Please congratulate the following AIC's that received their GED:

Mr. Leek

Mr. Garcia Guevara.



*

*** Books Added to Education Library ***

215.BUJ.02.016 **Peace Talks** **Jim Butcher** **Post Apocalyptic**

.....
When the supernatural nations of the world meet up to negotiate an end to ongoing hostilities, Harry Dresden joins the White Council's security team to make sure the talks stay civil. With the most influential members of those nations gathering in Harry's hometown, Chicago is about to get interesting.

215.BUJ.02.017 **Battle Ground** **Jim Butcher** **Text Books**

Harry has faced terrible odds before. He has a long history of fighting enemies above his weight class. The Red Court of vampires. The Fallen angels of the Order of the Blackened Denarius. The Outsiders. But this time it's different. A being more powerful and dangerous on an order of magnitude beyond what the world has seen in a millennium is coming. And she is bringing an army. The Last Titan has declared war on the city of Chicago and has come to subjugate humanity, obliterating any who stand in her way.

FEBRUARY

ANSWERS TO T.V.

CATCH PHRASES

- 1. THE JACKIE GLEASON SHOW*
- 2. THE LONE RANGER*
- 3. WHEEL OF FORTUNE*
- 4. THE JACK BENNY PROGRAM*
- 5. THE WALTONS*
- 6. WHO WANTS TO BE A MILLIONAIRE*
- 7. ALL IN THE FAMILY*
- 8. ROWAN & MARTIN'S LAUGH-IN*
- 9. CHEERS*
- 10. THE MARY TYLER MOORE SHOW*
- 11. STAR TREK*
- 12. YOU BET YOUR LIFE*
- 13. THE HOWDY DOODY SHOW*
- 14. MISSION IMPOSSIBLE*

Science Activity of the Month

Find the definition that matches with the following vocabulary terms!

“Physics Theme”

Answers will be provided in next month’s issue.

1. Antimatter: _____
2. Ultraviolet Radiation: _____
3. Axion: _____
4. Electron: _____
5. Atomic Number: _____
6. Boson: _____
7. Superconductivity _____

- A. Matter that consists of antiparticles, such as antiprotons, that have an opposite charge from normal particles.
- B. A hypothetical subatomic particle with low mass and energy that has been proposed to exist because of the properties of the strong nuclear force. These have been suggested candidates for dark matter and the reason for the unbalance of matter and antimatter in the universe.
- C. A form of light, invisible to the human eye, that has a shorter wavelength and less energy than x-rays.
- D. Negatively charged particle that (along with its positively charged counterpart, the positron) is the least massive electrically charged fundamental particle; one of six leptons.
- E. One of the two primary categories of particles in the Standard Model; includes the Higgs Boson and force-carrying particles such as photons, gluons, and the W and Z particles.
- F. The number of protons in an atom of a given element of the periodic table; the characteristic that sets atoms of different elements apart.
- G. The property of certain materials, usually metals and chemically complex ceramics, to conduct electricity without resistance, generally at very cold temperatures.

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| | | 9 | 5 | | 4 | | 3 | 2 |
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| | 9 | 7 | | | | | | 3 |
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SUDOKU!

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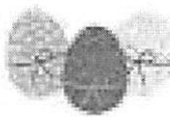
Easter Word Search

Search for the hidden words going up, down, left and right.

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| C | X | Z | M | E | T | P | Y | N | N | U | B | G | A | E | S | L | C | H | H |
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BUNNY
EASTER
JELLYBEANS
RABBIT
CHOCOLATE



LAMBS
EGG
BASKET
CHICKS
APRIL



DUCKLINGS
BONNET
SPRING
EGGS
FLOWERS



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 3/13/2023.

PROPOSED RULES:

291-105 Prohibited Conduct and Processing Disciplinary Actions

Amends rule to permanently adopt changes to the rule that were temporarily adopted on 1/1/2023 reducing the maximum consecutive sanction to DSU from 180 days to 90 days; for minor grammatical changes; and for consistency.

Last day of comment period: 5/19/23 5:00 PM

Public Hearing: 4/27/23 10:30 AM

291-113 Education and Training Programs

Amends rule to align with current practice; change “inmate” to “AIC”; and for other minor grammatical revisions, clarifications, and consistency.

April Showers Bring May Flowers

Built by ECC International Students

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

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WORD LIST:

BASEBALL
 BLOOM
 BUTTERFLY
 CIMBURIJADA

DAFFODILS
 DIONYSUS
 EASTER
 EGGS

EQUINOX
 FLORIADE
 HIBERNATION
 POLLEN

POPPY
 SEEDS
 TULIP