



Warner Creek Trails

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

JANUARY 2024

WARNER CREEK TRAILS

VOLUME 24 ISSUE 1



January's Zodiac signs are:

Capricorn:

December 22–
January 19.

Aquarius:

January 20–February
18

WINNING WORDS:

Janus am I; oldest of potentates;

*Forward I look, and backward, and below I count, as god of avenues and gates,
The years that through my portals come and go.*
–Henry Wadsworth Longfellow, American poet (1807–82)

The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year. The Romans often made promises to Janus and exchanged good wishes. History of January

The months of January and February were not originally in the ancient Roman calendar as the winter months were considered dormant, both in terms of agriculture and also in terms of making war. This was a time of peace. Until 450 BCE, the Roman calendar was 10 months, beginning in March (*Martius*), due to the March Equinox. Remember, March was named for “Mars,” the god of War who was also an agricultural guardian.

January Calendar

January 1 is New Year's Day. While you're still recuperating from the prior night's parties, read about some other New Year's traditions you might not know about and celebrate with some Hoppin' John for good luck.

January 5 brings Twelfth Night, an English folk custom that marked the end of Christmas merrymaking and, in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.

January 6 is Epiphany. According to the New Testament's Gospels, on this date, the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful Epiphany Tart or a King Cake with a lucky bean inside!

January 15 is Martin Luther King Jr. Day (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence.

January 17 is Benjamin Franklin's birthday. He was not only a world-renowned statesman, inventor, and scientist but was also fascinated by agriculture. Here at the *Old Farmer's Almanac*, we consider him the father of almanacs!

“Just for Fun” Days

January is National Clean Up Your Computer Month and National Hot Tea Month! Here are some more fun things to celebrate in January:

- January 1:** Z Day (On this day, those whose last name begins with “Z” get to go first instead of last.)
- January 3:** National Chocolate-Covered Cherry Day
- January 6:** National Bean Day
- January 8:** Elvis Presley's Birthday
- January 10:** National Houseplant Appreciation Day
- January 14:** National Dress Up Your Pet Day
- January 20:** National Penguin Day
- January 22:** National Answer Your Cat's Questions Day
- January 29:** National Puzzle Day

January Astronomy

Even in astronomy, there is a sense of new beginnings. In the Northern Hemisphere, the days are starting to get longer again, and we look forward to the light's re-emergence.

Perihelion: Earth Passes Its Closest to the Sun

On January 2, 2024, Earth reaches **perihelion**, which is the point in the planet's orbit where it is closest to the Sun. At perihelion, Earth will be 91,403,034 miles from our bright star. Don't forget your sunscreen!

The Full Wolf Moon

January's Moon is called the Wolf Moon. The Saxon word for the month was *Wulf-monath* or "wolf month."

This year, the full Moon reaches peak illumination on **Thursday, January 25, at 12:54 P.M. EST**. It can be seen rising from the horizon around sunset that evening.

The Quadrantid Meteor Shower

The Quadrantid meteors appear in the early January sky, producing up to 25 meteors per hour at their peak. They'll be at their best on the night of January 3 into January 4. For the best chance at spotting them, venture out between midnight and dawn (if you can stand the cold).

January Birthstone

January's birthstone, the garnet, is thought to keep the wearer safe during travel.

January Birth Flower

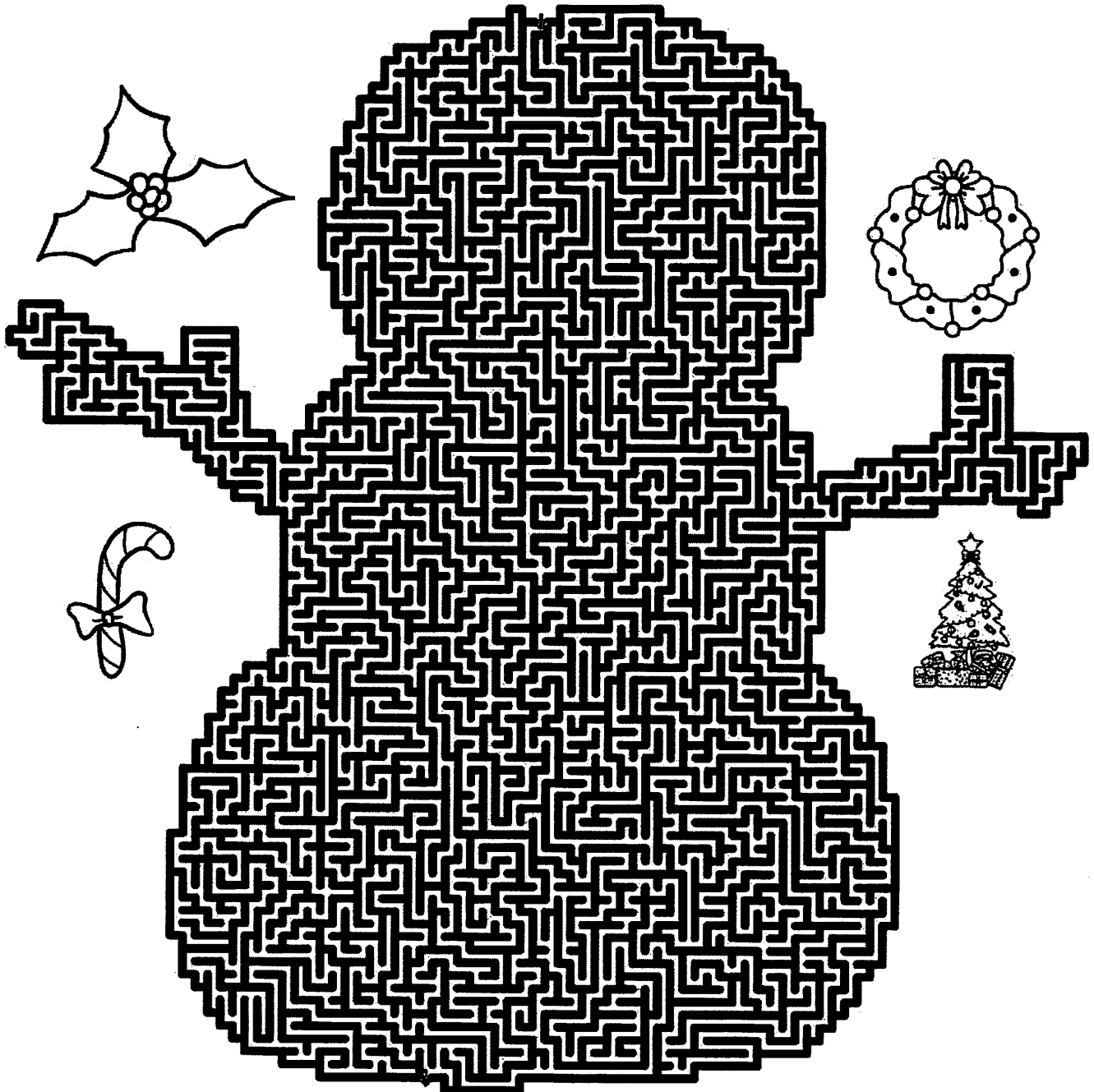
January's birth flowers are the carnation and snowdrop.



SNOWMAN MAZE



CAN YOU NAVIGATE YOUR WAY THROUGH THE MAZE?



January Education

Dates:

1ST – 5TH WINTER BREAK

3RD BOOK GIVE-AWAY

8TH FIRST DAY OF WINTER TERM

15TH NO SCHOOL

16TH & 18TH GED TESTING

30TH GED TESTING



Education Library Book of the Month

220.SGMS.99.001 – Waking up in 5D

By: Maureen J. St. Germain

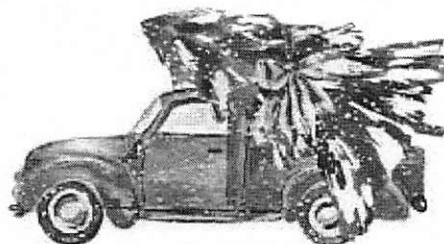
Metaphysical, Spiritual

We are all transitioning from the narrowly focused and polarized awareness of the 3rd dimension and wakening up to the higher vibrations and ability of the 5th dimension.

Independent Study of the Month:

The Art of Reading:

Showing you how you can think of reading as an art, learn skills to truly getting something out of what you're reading, and enjoy reading for the sake of reading. This course consists of 4 DVDs with corresponding worksheets. Course duration is 5-6 months.



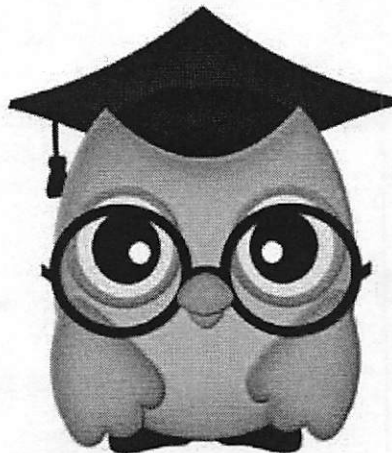
Graduates for the month of December 2023

Mr. Brandon Arnold

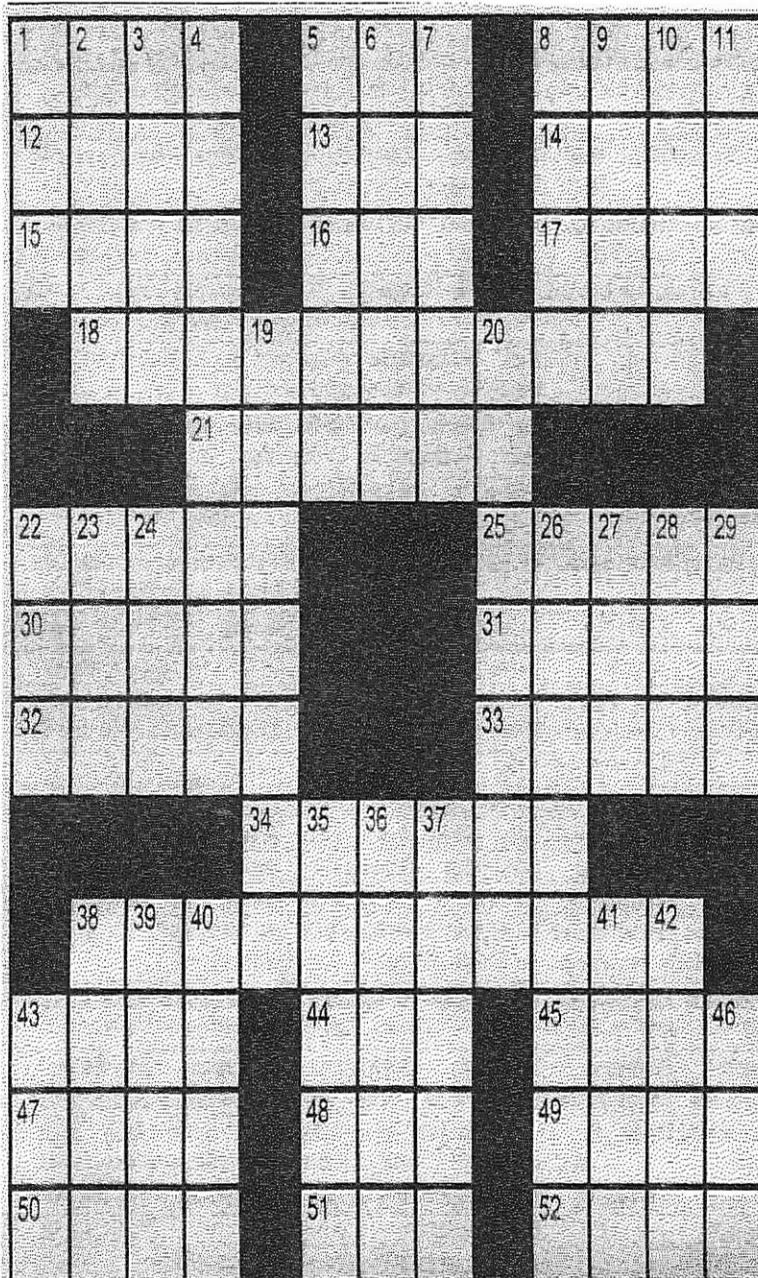
Mr. Erlindo Nunez

Mr. Ulises Zavala.

**Congratulate these men on their accomplish-
ment!!**



Crosswords



Across

1. Mark Harmon CBS series
5. Grp. that the Jennings worked for in "The Americans"
8. Steven Yeun/Ali Wong dark comedy
12. Italy's shape
13. "That's it!"
14. Spoken aloud
15. Elsa's sister in "Frozen"
16. Poppycock
17. "We Own This ____"
18. Reality show family with Kim, Khloe, Kris, etc.
21. Ill-____ gains
22. Mr. T's 80s action ensemble
25. Ballroom dance
30. Conductor Sir Georg ____
31. "Stop!" in pirate parlance
32. Actress ____ Hunt
33. December runway routine
34. Chemical cousin
38. Charlie Brooker's sci-fi anthology series
43. "Better Call ____"
44. Suffix with president
45. "____-daisy!"
47. Too
48. Italian monk's title
49. Left-handed, in chemistry
50. Davidson of "SNL"
51. Music-lovers' game show on CBS: "Super ____"
52. Locker room shower?

Down

1. Nuggets org.?
2. Bop on the bean
3. Isle near Scotland
4. 1994 sci-fi film with a 1997 spin-off TV series
5. Goldsmith's units
6. Poltergeist
7. Soaked in a tub
8. Florida resort north of the Keys
9. "____ go brag"
10. Has some lunch
11. Bug out
19. Actor West of "The Crown"
20. Attacking force
22. Refuse
23. Baby's "piggie"
24. Letter after kay
26. Veto
27. Moo goo ____ pan
28. The Trojans of the N.C.A.A.
29. Summer abroad
35. Small boat
36. "The Man in the High Castle" actor Jason
37. Where to see "The Last Supper"
38. Bundle of hay
39. A deadly sin
40. ____ vera
41. Unlocks, poetically
42. Invitation request
43. Maple product
46. Thither

Winter Meditation Script: Finding Peace in Storms

Begin

As you breathe, bring to mind the last time you were outside and felt a bit of chill in the air. Remember the way it felt, the way your skin prickled with the cold, and how you could taste the iciness of the atmosphere in the back of your throat.

Remember the soothing weight of your clothing, the texture of the fabric against your arms and neck, and the way it provided you with shelter from the cold. The warmth of summer has gone, taking the comfort of autumn with it, but the world has not relinquished all of its warm and comfortable things.

You can still experience the reassurance of fire as its logs crackle and pop, the beauty of snow sparkling in the sun, and the filling warmth of hot chocolate on cold nights. The world is cold, the winter is dark, but you are not without joy. You are not without peace.

Imagine for a moment, the hush of the world after a fresh snowfall. The way the snow blankets everything, muffling the loudness of all the life happening underneath it. Snow has the potential to freeze and to slick, but it also has the potential to soothe and inspire.

Imagine the snow, and accept it. Accepting snow does not mean loving snow, it just means acknowledging its presence in the world and allowing it to exist. Even, perhaps, finding some beauty in it every now and then.

Deepen

As you imagine the chill in the air and the beauty of snow, bring back to mind the coziness of sweaters. Perhaps your winter storm is mild, only requiring a light layer to stave off some of the day's bitterness. Or, perhaps your storm is a blizzard and your sweater is one layer among the many required to keep you warm.

Imagine the kind of sweater you need right now, starting with how thick and solid a layer it is. As you build it in your mind, feel the weight of the fabric on your shoulders, the way it hangs off your frame or clings tightly to you.

Next, notice the way the fabric feels against your skin. Perhaps your sweater is thick wool, a little scratchy but infinitely warm. Or maybe it is cashmere, gentle and reassuring with its cloud-like softness. You can make it any fabric you need, any texture that reassures you that there is still some calm, still some safety in the world. However your sweater fits and feels, it is more than a functional barrier against the cold. It is a reminder that you have access to good and soothing things even in the worst of crises and storms.

Internalize

As you imagine the way your sweater feels, bring to mind some other things that give you a sense of comfort. The laughter of a loved one, a beloved book or movie, the way you know exactly how to get to your favorite bakery or park.

Your life has brought you many lovely and good things. This does not change the storms that your life has also delivered, just like the storms do not change the good. Both have been present and will be again and, no matter the storm, peace is available to you.

As you bring these bright and soothing moments and memories to mind, imagine each one as a strand of yarn or thread in the sweater you are wearing. They come together to bring you warmth, to bring you safety, to bring you protection from the gusts and gales of the storm.

Soak in the peace of this moment, of knowing that no storm can rid you of the peace that exists inside you. Sometimes that peace will be stronger and more present, and other times it will be softer and more of a memory, but it will always be something you can summon like the feeling of warmth from a sweater.

Feel the sweater, feel its coziness and its protection from the cold, and know that you can always bring it back to mind when you need it. Remember the memories and feelings that you have woven into its fabric, knowing that they are also always available to

End

Eventually, as you are ready, begin to bring your awareness back to the world around you. Perhaps it is cold like the winter world you have brought to life with this winter meditation script, or perhaps it does not feel like winter at all. Let your senses ground you back in the present, in the way your surroundings feel, smell, and sound.

You might stretch, flutter your eyelashes, or shake your hands or feet to solidify your presence and ready yourself for returning back to the demands of the day. But before you go, finish this meditation as you started it, with your focus on your breath.

Feel again the way your lungs expand as you breathe, the way that a deep breath wakes your mind up a little and helps ease any tightness in your chest. You are breathing, you are alive, and you have and will continue to find moments of peace in your storms.

Thank you for making this meditation part of that experience.



MAPLE LEAF SUDOKU

FILL EACH ROW, COLUMN, AND BLOCK WITH UNIQUE NUMBERS FROM 1 TO 9



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		1				9		4
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AIC MESSAGE

The Department of Corrections (DOC) has identified a case of Shigella at the Santiam Correctional Institution (SCI). Shigella is a germ that can cause a highly contagious intestinal infection. It spreads very easily from person-to-person, so the best thing to do to keep from getting sick is to wash your hands with soap and water. We are asking you help prevent further spread by taking preventive measures. We are working with the Oregon Health Authority to help determine best practices for infection control.

Symptoms include diarrhea, fever, abdominal cramps, and sometimes vomiting.

We are asking that all employees and AICs take extra precaution to prevent the spread.

Report Your Symptoms to Health Services Immediately: If you experience symptoms such as diarrhea, fever, or vomiting, please report your symptoms to the Health Services Staff immediately.

How is it Spread?

Eating food or drinking liquids contaminated by an infected person

Touching contaminated surfaces or objects and then touching their mouth or putting a contaminated object into their mouth

Not washing hands after using the bathroom or changing diapers and then eating foods

Prevention Measures:

Frequent Handwashing: Wash your hands regularly with soap and water for at least 20 seconds, especially after using the restroom, before eating, and after any contact with potentially contaminated surfaces.

Personal Hygiene: Maintain good personal hygiene practices, including the proper disposal of tissues and regular bathing.

Mensaje AIC

El Departamento Correccional (DOC) ha identificado un caso de Shigella en la Institución Correccional Santiam (SCI). Shigella es una bacteria que puede causar una infección intestinal altamente contagiosa. Se transmite muy fácilmente de persona a persona, por lo que lo mejor que puedes hacer para evitar enfermarte es lavarte las manos con agua y jabón. Estamos trabajando con la Autoridad de Salud de Oregon para ayudar a determinar las mejores prácticas para el control de infecciones.

Los síntomas incluyen diarrea, fiebre, calambres abdominales y, a veces, vómitos.

P Los síntomas incluyen diarrea, fiebre, calambres abdominales y, a veces, vómitos.

Informe sus síntomas a los servicios de salud de inmediato: Si experimenta síntomas como diarrea, fiebre o vómitos, informe sus síntomas al personal de servicios de salud de inmediato.

¿Cómo se propaga?

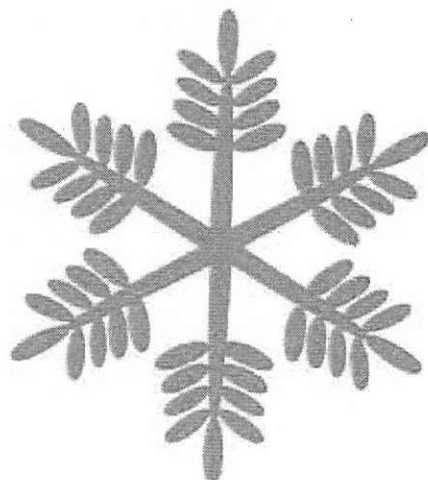
Comer alimentos o beber líquidos contaminados por una persona infectada.

Tocar superficies u objetos contaminados y luego tocarse la boca o meterse un objeto contaminado en la boca.

No lavarse las manos después de ir al baño o cambiar pañales y luego comer alimentos

Medidas de prevención:

Lavado de manos frecuente: Lávese las manos regularmente con agua y jabón durante al menos 20 segundos, especialmente después de ir al baño, antes de comer y después de cualquier contacto con superficies potencialmente contaminadas.



LAW LIBRARY

UPDATES

Library Services issues DOC thumb drives for AIC use for saving and storing legal documents only. Legal documents are defined in OAR 291-139-0110 (10). In accordance with that rule, correspondence with legal counsel does not meet the definition of legal documents. Correspondence to counsel may not be typed in the library and may not be saved to a DOC thumb drive assigned for AIC use. If you have correspondence with your attorney saved to your assigned library thumb drive, please submit a Library Request form for time to come to the library, print, and delete the correspondence.



The ACLU of Oregon Address is now:

ACLU of Oregon
PO Box 40585
Portland, OR 97240

The law library will be closed

January 1st, 12th and 15th

Legal mail

All legal mail will now be handed out by R&D in the evenings.

216 THEMELESS by Harvey Estes

54 Across was our country's first known 23 Across.

ACROSS

- 1 Innocuous epithet
- 5 Prefix for America
- 9 Make a swap
- 14 McEntire sitcom
- 15 On ___ with (equal)
- 16 Quite a hit
- 17 SDI concern
- 18 Is unable
- 19 "The Wild Duck" playwright
- 20 "Screaming Eagles" soldiers
- 23 One who studies caves
- 24 Nemo's creator
- 25 A, e.g.
- 29 Title of respect
- 31 Greek salad cheese
- 33 Money set aside
- 34 Cops, slangily
- 36 Reagan was pres. of this
- 38 Coastal catch
- 39 Some navels
- 42 Freelancer's enc.
- 45 "Swan Lake" step
- 46 Becomes more frank
- 48 With the sound off
- 50 Storage unit on board
- 54 Louisiana Purchase president
- 57 Sister's attire
- 58 Area east of the Urals
- 59 Tempo-setting phrase
- 60 Crème de la crème
- 61 Lat. gender

- 62 Straight up, at the bar
- 63 Closet eaters?
- 64 Queens stadium
- 65 Volsteaders

DOWN

- 1 Faucet flaws
- 2 Postgame report
- 3 Make a long story short
- 4 Burrito cousin
- 5 343 meters per second
- 6 Ornamental shoulder pads
- 7 ___ Domingo
- 8 Brand of taco sauce
- 9 Ardent desires
- 10 Android science
- 11 Schoolyard retort
- 12 Difficult to fathom
- 13 Shore flock
- 21 "What's My Line" panelist
- 22 Bridgestone product
- 26 Sprayer from above
- 27 Kinks hit
- 28 Meadow moms
- 29 "Get lost!"
- 30 Take another tour
- 32 Remote batteries
- 35 Old Sturbridge Village artisan
- 37 Marlin, for instance
- 40 Will subjects
- 41 Litigates
- 43 Come up in a sub
- 44 Sermon ending
- 47 Kind of girl party
- 49 Brief trip
- 51 Badlands sights
- 52 "In your dreams!"

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60						61				62				
63						64				65				

- 53 Board flaws
- 54 Gender-inclusive pronoun
- 55 Gabriel's aura
- 56 End note



Are you interested in a Food Service Career?



Warner Creek Correctional Facility is looking for AIC's passionate about food and want to learn and develop skills that will enhance your future.



We have 3 positions for the new WCCF Culinary Training/Certificate Program. If this interests you check to see if you meet the qualification, then apply.



Qualifications:

Minimum 1-year clear conduct.

Must have a food handlers' card.

Must attach a 1-page resume with a minimum of 3 references (signed by staff) to your application (kyte) requesting an interview for the program. The application should be addressed to Ms. Chase.

Must commit to maintain good behavior throughout the program.

Must commit to completing the program which will take approximately 2 years.

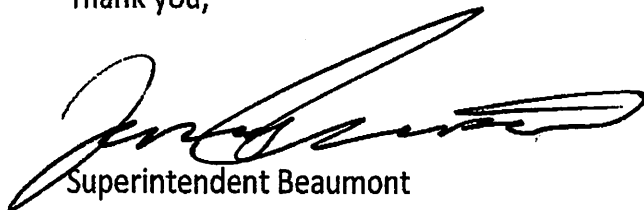
Only applicants meeting all the above criteria will be interviewed for the program

Attention all Adults in Custody

Hello,

I just wanted to take a moment to educate everyone about the upcoming work release program at WCCF. The facility has partnered with OCE and Pacific Pine Products for this project. We are currently working though finalizing some contract and procedural language. The facility will be doing a very extensive selection process with our partners. Once selected for the OCE candidate pool, AICs will be potentially interviewed by the employer. Please know that to even be considered for the program you must have a judgement order for work release. Many of you have sent me communications volunteering for the program and it is appreciated but the process is more extensive.

Thank you,



Superintendent Beaumont

Mail Room

Greetings, through the recent Christmas flurry in the mailroom, a few things have come to mind that about AIC outgoing mail. Below is a gentle reminder.

(3) AIC's shall not send, receive, transfer, or possess mail to or from the victim(s) of their crime(s) of conviction (both past and present), except as authorized in writing by the functional unit manager or designee.

(A) AIC's may send only the following items to another AIC:

- (i) Correspondence;
- (ii) One drawing per envelope; and
- (ii) One photograph per envelope.

(B) AIC's shall not send newspaper or magazine clippings, photocopies, printed web pages, or any other material not listed in subsection (A) above to another inmate through the mail.

(c) AIC Sender: Any enclosures (i.e., photographs, hand-made drawings in excess of that allowed) that are not illegal or evidence of a crime, or that are otherwise not prohibited in outgoing mail under these rules shall be returned to the inmate sender with the contents of the envelope or package intact, together with a Mail Violation Notice (CD 618a). Any item that poses a threat or is a detriment to the security, good order, or discipline of the facility, or that would encourage or instruct in criminal activity, may be confiscated and retained pending an investigation. If appropriate, the AIC may be issued a misconduct report, in accordance with the rule on Prohibited Inmate Conduct and Processing Disciplinary Actions (OAR 291-105).

(5) New and used books, magazines, newspapers, and blank journals shall only be received directly from the publisher or distributor. (24) Publisher, Distributor, or Book Vender: A business, organization, or firm that issues and makes available to the public (generally for sale and wide distribution) magazines, newspapers, new and used books, and other publications.

The above was taken directly from OAR 291.

AIC's sending mail in an envelope that was purchased from canteen must not go over weight restrictions and must be flat. Large envelopes that do not bend are considered packages by USPS and require additional postage. Speak with R&D if you have a package that needs mailed.

CHEMICAL ELEMENTS WORDSEARCH

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

Zirconium	Zinc	Xenon	Vanadium	Uranium	Tungsten	Titanium
Thulium	Thorium	Terbium	Tennessine	Technetium	Tantalum	Sulfur
Sodium	Silver	Silicon	Selenium	Radium	Samarium	Ruthenium
Roentgenium	Rhodium	Rhenium	Radon	Scandium	Protactinium	Promethium
Potassium	Plutonium	Platinum	Phosphorus	Palladium	Oxygen	Osmium
Nobelium	Nitrogen	Niobium	Nihonium	Nickel	Neptunium	Neon
Moscovium	Molybdenum	Mercury	Mendelevium	Meitnerium	Manganese	Magnesium
Livermorium	Lithium	Lead	Lawrencium	Lanthanum	Krypton	Iron
Iodine	Iridium	Hydrogen	Holmium	Helium	Hasium	Hafnium
Germanium	Gallium	Gadolinium	Francium	Fluorine	Ferrium	Fermium
Einsteinium	Dysprosium	Dubnium	Darmstadtium	Copper	Copernicium	Cesium
Californium	Cadmium	Calcium	Bromine	Bismuth	Beryllium	Barium
Argon	Arsenic	Antimony	Americium	Bohrium		Berkellium
			Actinium	Aluminium		Astatine

Happy Holidays

Commissary is proud to announce that the limits are lifted for all remaining holiday items. The Holiday items are also exempt from your spending limit. Effective 12-18-2023

**Thank you,
Commissary**



AIC Newsletter Article

Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are located in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will not provide legal advice.

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

Just Detention International Headquarters is a national advocacy resource and can be reached at:
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St. NE
Salem, Oregon 97301

Artículo Boletn AIC

Ley de Eliminación de Violaciones en Prisión (Información PREA)

El Departamento Correccional de Oregon (ODOC) tiene cero tolerancias para el abuso sexual, el acoso sexual, y las represalias por denunciar un incidente. Puede informar en persona a cualquier miembro personal a través de una comunicación de AIC (adulto bajo custodia) o a través del sistema de quejas. Puede llamar a la línea directa de PREA, seleccionar el idioma y luego marcar 91 de cualquier teléfono de AIC.

Presentación de un informe PREA anónimo

Si no está seguro de presentar una acusación ante PREA, puede presentar un informe anónimo con una agencia externa.

Puede escribir a:

Governor's Constituent Services Office

900 Court Street NE, Suite 254

Salem, Oregon 97301

Por favor indique al comienzo de su carta, que está presentando una denuncia ante PREA y quiere permanecer anónimo. La Oficina del Gobernador remitirá todas las denuncias anónimas al Coordinador de PREA para garantizar que se complete una investigación basada en la información proporcionada.

Visualización/Anuncios de género opuesto

El personal del género opuesto se anunciará cuando ingresa a una unidad de vivienda, tocando un timbre. Esto debe hacerse cada vez que cambie el statu quo de la supervisión de género en una unidad de vivienda (si ya hay un miembro del personal del sexo opuesto en la unidad, entonces no es necesario volver a anunciar). Cuando escuche el timbre, el personal del sexo opuesto estará ingresando a la unidad de vivienda, así que asegúrese de estar cubierto adecuadamente.

También es importante que se desnude en los lugares apropiados. Si se encuentra en un área de literas, hay cámaras en toda la instalación. Existen áreas designadas para cambiarse, el baño es la única área en la que puede estar sin ropa interior. La visualización de sexo opuesto puede ocurrir incidentalmente cuando el personal realiza controles de celda de rutina. Puede minimizar esto siendo consciente del género de la supervisión en su unidad de vivienda y asegurándose de cubrirse cuando sea posible.

Programa de defensa (apoyo) basado en la comunidad PREA

ODOC se ha asociado con defensores confidenciales basados en la comunidad de víctimas de abuso sexual para brindar servicios a los AIC.

Los AIC en ODOC que han pasado por abuso sexual pueden comunicarse con un defensor comunitario seleccionando un idioma, ingresando su PIN de AIC, luego presionando 0*711 sistemas telefónicos. También pueden solicitar una llamada privada a través del Gerente de Cumplimiento de PREA en la instalación. Los defensores brindan a las víctimas de abuso sexual información sobre sus opciones, recursos, y apoyo emocional. No hay ningún cargo por las llamadas a los defensores.

La línea de crisis de defensa basada en la comunidad es para personas que necesitan ayuda acerca de los problemas relacionados con el abuso sexual y no debe usarse para otros fines.

Las llamadas telefónicas y el correo con los centros de defensa basados en la comunidad se consideran comunicaciones privilegiadas y se manejarán de manera similar a las llamadas legales/correo oficial. Todas las llamadas de defensa no son monitoreadas ni grabadas.

Los defensores brindan apoyo confidencial e intervención en crisis, le informaran sobre la investigación y el proceso del examen médico, lo educaran sobre cómo curarse del abuso sexual y ofrecen recursos y referencias.

Los defensores no le dirán qué hacer, no se comunicarán con la institución a menos de que usted les solicite que lo hagan y firmen un comunicado. No le brindarán asesoramiento legal.

Los centros de defensa basados en la comunidad brindaran apoyo en caso de abuso sexual a personas de todos los géneros. Los defensores comunitarios no informarán a nadie a menos de que usted les solicite que lo hagan y si usted firma una divulgación de información.

La sede internacional de Just Detención (Just Detention International Headquarters) es un recurso de defensa nacional y se puede contactar en:

3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

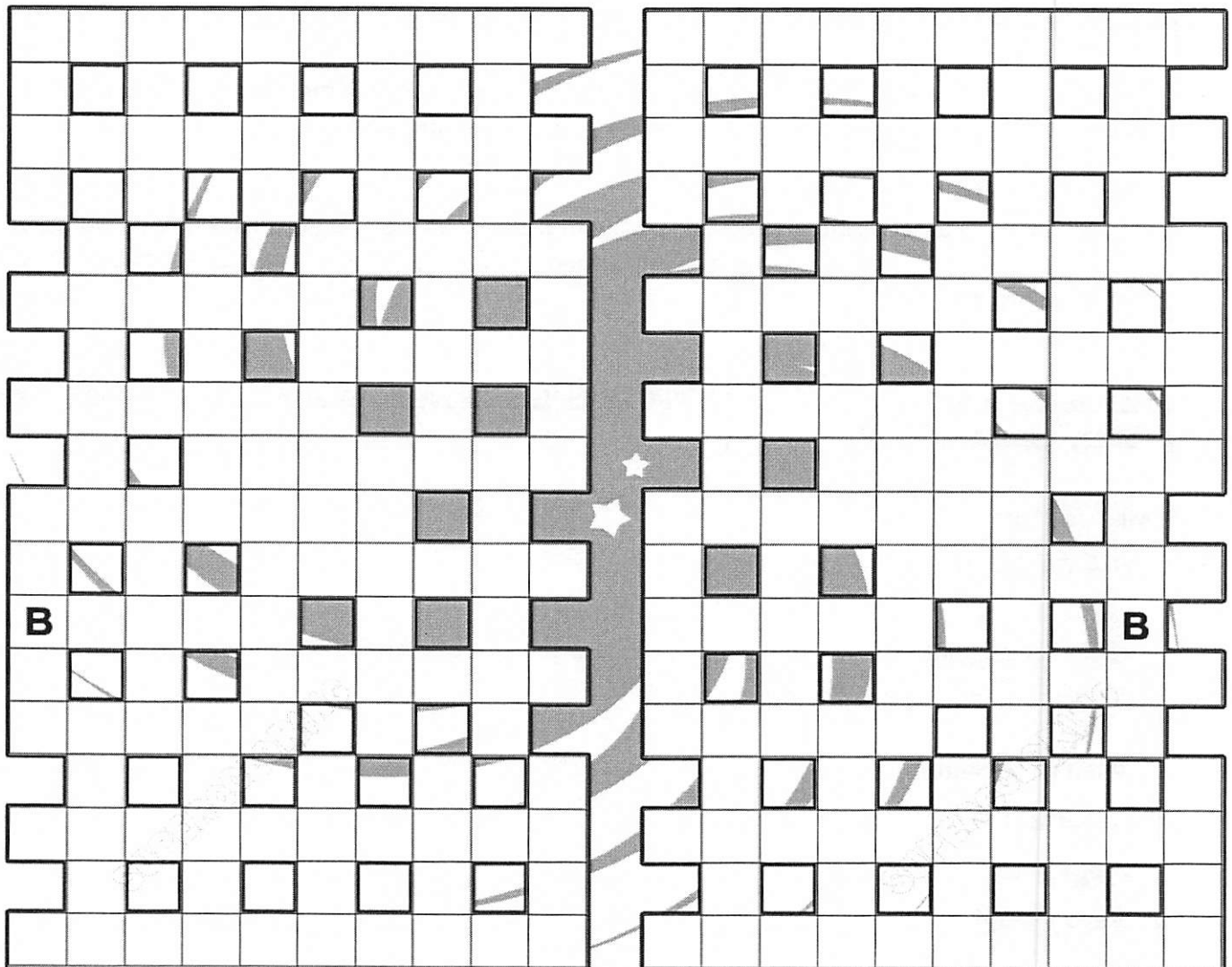
Si tiene cualquier pregunta sobre PREA, puede preguntarle a un miembro del personal, escribir al Gerente de Cumplimiento de PREA en su institución, o puede escribir a:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St.NE
Salem, Oregon 97301

FILL-IN (or CRISS-CROSS) CROSSWORD PUZZLE

Fill in the blanks of the both grids with the words (ignore spaces and dashes):

- | | | | | | |
|------------------|-------------|------------|-----------|-----------|----------|
| (10) BUMBLEBEES | (7) SEMINAR | (6) GALORE | (5) CAJUN | (5) TEETH | (4) MAPS |
| (10) COPYWRITER | (7) SPIDERS | (6) ITALIC | (5) ENVOI | (5) THEME | (4) MARK |
| (10) LUMINOSITY | (7) SPINACH | (6) MOBILE | (5) EQUAL | (5) TIMER | (4) NEWS |
| (10) QUILT PIECE | (7) TEXTILE | (6) NEPHEW | (5) GECKO | (5) TINGE | (4) SOAP |
| (10) SLIPSTREAM | (6) ADJUST | (6) RAISIN | (5) IRONY | (5) TOTEM | (4) SPOT |
| (10) TOUCHSTONE | (6) AFRAID | (6) RHEBOK | (5) NEXUS | (5) TULIP | (4) TEAM |
| (10) TURTLEDOVE | (6) AUGUST | (6) RIDDLE | (5) PARKA | (5) TWAIN | (4) USER |
| (10) TYPOGRAPHY | (6) CANYON | (6) STAIRS | (5) PURSE | (5) XEROX | (4) ZEKE |
| (7) ATTEMPT | (6) CARROT | (5) AGREE | (5) REPOT | (4) BYTE | |
| (7) LEISURE | (6) CRUISE | (5) ASSET | (5) ROBOT | (4) DENY | |
| (7) RECEIPT | (6) DEPEND | (5) BEDEW | (5) SATIN | (4) LILY | |
| (7) REPTILE | (6) FIGURE | (5) BIJOU | (5) SWISS | (4) LUCK | |



Date: November 21, 2023

To: All Adults in Custody

From: Correctional Communication System (CCS)

Office of the Inspector General

Subj: Phone Validation

DOC understands some people are having difficulty with the phone validation process to receive calls from adults in custody. A new customer service number has been set up for phone validation issues. Friends and family can call **503-945-0945**, and leave a voicemail. Someone will get back to them and help them through the process.

If someone is having an issue with T-Mobile, they can call T-Mobile customer service at 1-800-937-8997, or visit DOC's website at www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx for more information.

Fecha: 21 de noviembre de 2023

Para: Todos los adultos en custodia

De: Sistema de Comunicación Correccional

Oficina del Inspector General

Asunto: Validación telefónica

El DOC entiende que algunas personas tienen dificultades con el proceso de validación telefónica para recibir llamadas de los adultos en custodia. Se ha instaurado un nuevo número de atención al cliente para resolver problemas relacionados con la validación telefónica. Familiares y amigos pueden llamar al **503-945-0945** y dejar un mensaje de voz. Alguien les responderá el mensaje y ayudará a lo largo del proceso.

Si alguien tiene problemas con T-Mobile, se puede comunicar con el servicio de atención a clientes de T-Mobile al 1-800-937-8997, o visitar el sitio web del DOC, www.oregon.gov/doc/contact-inmate/Pages/phone-calls.aspx para obtener más información.



BEGIN AND END

Each phrase below is a clue for an answer that begins and ends with the same letter.

1. A continent at the south pole
2. Payment to stockholder
3. Physical exertion done for fitness
5. One television show in a series
6. One who reviews and gives judgements
7. A brief advertisement
8. A place for performers
9. An Amount over and above what is needed
10. A great work of art or literature
11. A ray of moonlight
12. An edible seed of a bean plant
13. Accepting of others
14. Handwriting skill
15. Blue-green
16. An official list of names
17. One thousand years