

DEER RIDGE PRINTS

November 30, 2018

WHO'S WHO AT DRCI

Superintendent – Mr. Causey
Asst. Supt. Security – Mr. Jorgensen
Asst. Supt. General Services – Mr. Ackley
Business Services – Ms. Bryan
Education Director – Ms. Narum
Mailroom Supervisor- Ms. Simmelink-Rask
Food Service Manager – Ms. Peel

Grievance/Diversity Coordinator - Ms. Geils
Health Services Manager – Ms. Carter
Hearings Officer – Mr. Sturdevant
Inmate Work Programs –Mr. Chapman
Library Coordinator - Ms. Jordet
Mental Health Services Manager – Mr. Quaid
Pathfinders – Ms. Bauman and Ms. Choin

Physical Plant Manager – Mr. Fritz
Religious Services – Chaplain Ball
OCE- Mr. Wright
Transition Coordinator – Ms. Wilson and Ms. Madden
Transitional Services Manager – Mr. Boyer
Warehouse/Commissary Manager – Mr. Brabb

MEDICAL

Flu Vaccines. The Mystery and the Myths.

Can the flu vaccine give me the flu?

No, a flu vaccine cannot cause flu illness. The flu vaccine is made with killed (inactivated) viruses and are therefore not infectious, and **cannot cause flu illness**.

What are the side effects of the flu shot?

- Soreness at the injection site
- Body aches
- Low grade fever

This is your body's way of telling you it is having an immune response, and has developed antibodies to the viruses targeted by this year's flu vaccine.

Why a new vaccine every year?

Flu vaccines are developed 6 months before 'flu season' in the Northern Hemisphere, based on the current viruses circulating during 'flu season' in the Southern Hemisphere. Each year, the virologists at the CDC need to predict which strains will be the most dangerous to the population, and the vaccine is developed to target those specific strains. **There are many combinations of flu virus strains, and they can mutate quickly. This is why the vaccines aren't 100% effective. You may still get the flu if you get a flu shot, but it will be a different strain than the one you were vaccinated against.**

In short, try to view it like wearing a bicycle helmet or a seatbelt. You might still crash, but you have a better chance of coming through it unharmed. Heath Services still has vaccines available, please send us a kytic to be scheduled for the next clinic.

RELIGIOUS SERVICES

Healing and prophecy Ministry Class

Pastor Lance Stover has started a new ministry class this month that is held on Tuesday nights in the Chapel. A variety of topics will be discussed, which include: *Spiritual Gifts* with Dan McCollam, *Prophetic Gifting* with Chris Vallotton, and *Healing Ministry* with Dr. Randy Clark. This also includes personal study to gain greater understanding from a Biblical perspective.

Volunteer: PASTOR LANCE STOVER
Date/Time: Tuesdays 6:30 – 8:00 pm

Where: CHAPEL

If you are interested, please send a kytic to the Chapel to be added to this service.

NEW CLASS STARTING SOON- "GENTLE LION"

Gentle Lion is a faith-based, pro-family, patriotic organization helping men live rich, full and meaningful lives. The top priority is to help men understand their mantle of responsibility. **Creating better husbands, better fathers and stronger families** Gentle Lion is designed to address the current *fatherhood crisis in our nation*. We focus on helping a man find the best sustainable version of himself.

VOLUNTEER: SCOTT PATTERSON
START DATE: NOVEMBER 19TH
TIME: 6:00PM - 8:00PM
WHERE: CHAPEL

If you are interested, please send a kytic to the Chapel to be added to this service

PRAYER REQUESTS

Please remember that we have a "Prayer Request" box located beside the clerk's door in the Chapel. Our Non-Denominational Prayer team meets to pray for you and your needs. In life's day-to-day struggles, it may give you peace of mind to know that a team of concerned individuals will be bringing your concerns to the Lord on your behalf.

CHOIR TEAM

Yes, Deer Ridge has started a choir team. Practice times are on Thursdays from 2:30 pm – 4:00 pm in room N123. This is a great opportunity for you to utilize your God given talent and worship the Lord. There are upcoming events in the works and we would love for you to participate.

If you are interested, Please send a kytic to the Chapel to be added to this group.

TRANSITIONAL SERVICES

Road to Success provides a self-assessment of skills, training and guidance on how to re-enter work, family and community life through a series of 14 classes. Participation is voluntary and the following individuals completed 32 hours of instruction:

AMERICANHORSE, LEONARD
BOWMAN, ROBERT
DAVENPORT, CHARLES
DAWSON, JONATHAN
DIAZ, FRANCISCO
HAYES, GEORGE
KELLY, BRUCE
MACIAS, JOSE
MAURI, SERGIO
MEILIKE, SHAUNE
OSOFSKY, CHANDLER
PARIERA, JOSEPH
PETERSON, RONALD
ROSALES, RAMIRO
SORENSEN, SHAWN
SPILLERS, MICHAEL
TUCKER, THOMAS

KITCHEN

Here are some facts you might not know about food waste:

1. 1.3 billion tons of food are wasted every year
2. This amounts to US\$1 trillion dollars of wasted or lost food
3. If wasted food was a country, it would be the third largest producer of carbon dioxide in the world, after the United States and China
4. Just one quarter of all wasted food could feed the 795 million undernourished people around the world who suffer from hunger
5. Food waste in rich countries (222 million tons) is approximately equivalent to all of the food produced in Sub-Saharan Africa (230 million tons)
6. A European or North American consumer wastes almost 100 kilograms of food annually, which is more than his or her weight (70 kilograms)
7. A European or North American consumer wastes 15 times more food than a typical African consumer
8. Lack of technology and infrastructure is the main cause of food waste in Africa, as opposed to household food waste in the developed world
9. Food waste generates 3.3 billion tons of carbon dioxide, which accelerates global climate change
10. Here at DRCM our food loss or waste is mainly caused by two things: Over production and when food is intentionally discarded.

11. In an effort to reduce the amount of food waste that is going to the landfill we will be implementing an "**Eat what you take**" policy. Simply put, you only take what you want to eat and you eat what you take. This will eliminate the need to cook extra product and it will reduce the amount of waste going to the scullery which ultimately ends up in the landfill.
12. We will begin using the "**Eat what you take**" policy on November 5th, 2018. This is a wonderful opportunity for all of us (staff and inmates) to work together in reducing waste that ends up in our landfills. This policy will enable us to be better stewards of our environment and our resources.
13. Thank you for your cooperation in this matter.

Kitchen work: If you are interested in working in the kitchen please send a kytic to IWP and request to be added to the kitchen waitlist. If you work in the kitchen you are limited on items that you can bring to work with you, **ONLY** the following items are allowed:

1. Watch
2. Comb
3. Hair Tie
4. Chap stick
5. Handkerchief
6. Authorized Wedding Band
7. Authorized Religious Medallion on a Neck Chain
8. 1 Pair of Prescription Glasses
9. Medication as Authorized by Health Services

