

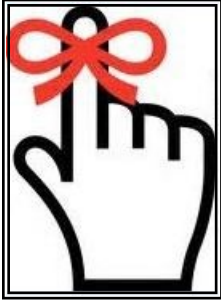


# Warner Creek Trails

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

Volume 18 Issue 2

February 2020



## DATES TO REMEMBER

February 2

Superbowl  
Sunday!



February 14

Valentine's Day

## WINNING WORDS:

Perfection is not attainable,  
but if we chase perfection  
we can catch excellence.

*Vince Lombardi*

## GROUNDHOG DAY

Groundhog Day is celebrated in the U.S. each year on February 2. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day.

According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner.

The Groundhog's Day tradition travelled long ways. It comes from German roots. In the early 1800's, German immigrants to America, brought the tradition of predicting winter weather on February 2. In their native Germany, they used Hedgehogs to predict weather. As they settled in the hills of Pennsylvania, they began the tradition, using the Groundhog to predict the arrival of Spring. The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. A famous Candlemas poems goes:

If Candlemas be fair and bright,  
Winter has another flight.  
If Candlemas brings clouds and rain,  
Winter will not come again.

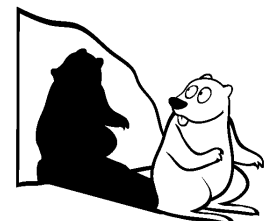
Punxsutawney, Pennsylvania is the site of the annual Groundhog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. He has been making this annual winter prediction since 1887. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.

For the Record Phil sees his shadow about 9 out of 10 times.

In 1993, the movie Groundhog Day starring Bill Murray popularized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction. The Punxsutawney Groundhog Club hosts a three-day celebration featuring entertainment and activities.

Punxsutawney Phil is not the only one to come out on February 2 to make a prediction on when winter will be over. He is by far the best known. Others include:

Buckeye Chuck in Ohio  
General Beauregard Lee in Georgia  
Charles G. Hogg "Staten Island Chuck" in New York  
Jimmy the Groundhog in Sun Prairie, Wisconsin  
Chattanooga Chuck in Tennessee





## EDUCATION BOOK OF THE MONTH

### Education dates to know:

GED Ready: February 11<sup>th</sup>

GED Official: February 12<sup>th</sup>

-And-

GED Ready: February 25<sup>th</sup>

GED Official: February 26<sup>th</sup>

### Logic Question:

Sandra's odometer read 130568 miles when she started driving to the store. After driving 5.3 miles, her mother called and asked her to pick up \$40 so that she could bring it to her uncle's house, which was 12.2 miles from her mother's house. She drove straight to her mother's house, which was 2.7 miles from where she had called, and picked up the forty dollars. She then drove directly to the store from her mother's house, which was 4.4 miles away. After making her purchases, Sandra drove to her uncle's house and dropped off the \$40. Finally, she drove directly home. When she pulled into the driveway, her odometer read 130602 miles. If the store was conveniently on the way to her uncle's house, how far does Sandra live from her uncle's house?

### Sent on behalf of Financial Services

As we move toward implementation of Court Ordered Financial Obligation (COFO) collections for adults in custody (AICs), we want to inform you of definitions included in Senate Bill 844. COFO collections are scheduled to begin within the first six months of 2020.

ORS 423.105 (Senate Bill 844, 2017) Transitional Savings and Court Ordered Financial Obligations (COFOs):

The Department of Corrections (DOC) is authorized to collect a portion of eligible AIC trust account deposits for two important reasons:

(1) Transitional Savings Account (TS) – A release savings account established for all men and women in custody, to be provided to them upon release from DOC custody. AICs who do not have a projected release date or are ineligible for parole are not eligible to participate. These collections began August 1, 2018.

(2) Court-Ordered Financial Obligations (COFOs) – Restitution, fines/fees, victim restitution, civil judgments, child support judgments, or judgments resulting from civil actions for assault or battery against DOC employees or other AICs. COFO collections are estimated to begin the first six months of 2020.



### Lock In

By John Scalzi

# 20.213.00.021

A new, highly contagious virus makes its way across the globe. For most of those infected, it's just a few days of fever and misery. But for the unlucky 1 percent – millions of people in the United States alone – the disease causes "lock in": victims are fully awake and aware, but unable to move or respond to anything. "Lock in" syndrome strikes the young and old, the rich and the poor, people of every color and kind.

A quarter of a century later, in a world shaped by what's now known as "Haden's syndrome," rookie FBI agent Chris Shane and veteran Leslie Vann are assigned to what appears to be a Haden-related murder. The suspect is an "Integrator" – someone who can let the locked borrow their bodies for a time. As Shane and Vann begin to unravel the threads of the murder, it becomes clear that the real mystery – and the real crime – is bigger than anyone could have imagined. Their investigation will take them from the halls of corporate power to the virtual spaces of the locked in, and to the very heart of an emerging, surprising new human culture.

## Regular Sudoku

Rated at "medium" difficulty.

9			5	8			4	
	3	5		7				
			6			1		
5			8	3				
6						7		1
					2		6	
		8		9		2		5
			1					
		4						

## Sudoku Monster

(From the Oregonian.)

Complete the grid so that every row, column, and 4x4 box contains a 0, 1, 2, 3, 4, 5, 6, 7, 8, 9, A, B, C, D, E, and F.

This one is rated at a 3 out of 5 difficulty.

6	C	E	5		D	0			1	9	7			B	
4					8			E			B	3			7
	2		0	A	E	B							9	F	
		F		7						A	5		C		
		2		C		F		0	8	1		4		3	
						8		D					F	9	
A				4	7	2	1						B		D
9			F	B	5		D				A			6	
	5			E				B		7	D	9			F
2		6						F	0	4	9				E
	E	4					F		2						
	9		D		3	4	8		5		E		0		
		9		5	4						0		8		
	0	B							9	D	3	C		E	
5			A	2			E			8					9
	6			3	9	D			C	F		0	5	A	4

## Books Added to the Education Library

Russian Slangue (visual guide to Russian terms/phrases)

Welcome to Mars (1950's pop culture/science/politics)

Shadow Warriors (inside the Special Forces)

Battle Ready

Red Storm Rising

Red Storm Rising

Patriot Games

The Cardinal of the Kremlin

Clear and Present Danger

The Sum of All Fears

Without Remorse

Debt of Honor

Executive Orders

Executive Orders

Rainbow Six

The Bear and the Dragon

Red Rabbit

The Teeth of the Tiger

Dead or Alive

Against All Enemies

Command Authority

Commander In Chief

Net Force, Point of Impact

Ellis, Mike

Hollings, Ken

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

Clancy, Tom

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Clancy, Tom

35.530.10.003

15.124.30.004

20.200.00.001

20.200.00.002

20.200.00.004A

20.200.00.004B

20.200.00.005

20.200.00.006

20.200.00.007

20.200.00.008

20.200.00.009

20.200.00.010

20.200.00.011A

20.200.00.011B

20.200.00.012

20.200.00.013

20.200.00.014

20.200.00.015

20.200.00.016

20.200.00.017

20.200.00.020

20.200.00.024

20.200.10.001

# NAME CHANGES



# TOASTMASTERS

We are excited to share with you an upcoming policy change that supports The Oregon Way. We have a long-standing policy to continue to use your court name as the official name of record regardless of whether that was your legal name at the time you entered our custody, or if you legally changed your name while in our custody. We are happy to share that this policy is changing. As of February 1, 2020, we will be allowing changes to the established court name *if*:

- a. You submit legal documentation (i.e. court order, marriage certificate, birth certificate) as proof of a legal name change or error in your legal name; and
- b. If the new name is "materially different" than the established court name, we will then update your official name of record in our system to reflect this change, along with your ID, medical files, trust account, communication system account, etc. ("Material" differences are *significantly* different, and would not apply if a person wanted to make more minor changes to the court name, such as from "Dan" to "Daniel".)

If you would like your name updated and meet the above criteria, please submit the appropriate documentation to OISC via your local institution records office or send it directly to:

**OISC Central Unit  
24499 SW Grahams Ferry Rd  
Wilsonville, OR 97070**

Please be patient as we review the documentation and process your request. You will be notified once it is complete.

Also, please know an automation change has been requested so the printed face sheet will display the newly recognized name in the "court/legal name" field and the former name as an alternate court name. Until then, the face sheet will display the new name in the court name field. We will notify everyone once that automation change has been completed.

**THANK YOU!**

Hello potential Toastmasters!

This is David Lev, the Vice President of Public Relations for the club. I'm writing to encourage you to consider joining, and give an idea of what we're planning on doing in the future.

I have been doing Toastmasters a little over a year now, and though I still have a lot to practice, merely having the opportunity to practice my public speaking skills has allowed me to feel more confident when presenting ideas to my boss or interview for a job, or even when I want to argue over politics or trivia with others. And I have noticed similar development from my fellow members of the club. Toastmasters is a supportive and low-stakes environment to tell your story in front of an encouraging audience, and provides opportunities to receive constructive feedback and practice your speaking skills that are unmatched, inside or outside Warner Creek. If you are interested at all in learning and practicing better self-expression, Toastmasters is the group for you.

And now is a great time to join. We will be attempting to recruit more volunteers from the outside to make running Toastmasters smoother, and we have several plans to compete incompetitions and develop a rewards program for everyone in the club participating in speeches. We have exciting new plans for 2020, and we would love you to be involved.

If you're interested in participating in Toastmasters, send a kyte to Ms. Larsen and ask to be added to the call-out. Meetings are Mondays evenings from 6:30 to 8:30.

Hope to see you there,

David Lev

Vice President of Public Relations



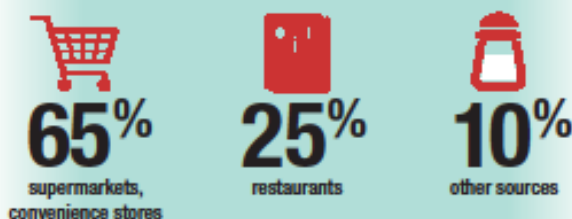
# THE EFFECTS OF EXCESSIVE SODIUM

## ON YOUR *Health & Appearance*

**9** out of **10** Americans consume too much sodium.



### WHERE DOES IT COME FROM?



**3,400** milligrams  
the amount of sodium the average American consumes in a day

**1,500** milligrams or less  
recommended by the AHA for ideal heart health

### HIGH BLOOD PRESSURE



Is a leading risk factor for death in **WOMEN** in the **United States**, contributing to nearly **200,000** female deaths each year.

*{ That's nearly five times the 42,000 annual deaths from breast cancer. }*

**77.9** million American **ADULTS** have **high blood pressure**.

**KIDS** who have a high-sodium diet are **twice as likely to develop high blood pressure** as kids who have low-sodium diets

### Your **HEALTH**

Excess levels of sodium/salt may put you at **RISK** for:

<b>STROKE</b>	<b>KIDNEY STONES</b>
<b>HEART FAILURE</b>	<b>ENLARGED HEART MUSCLE</b>
<b>OSTEOPOROSIS</b>	<b>HEADACHES</b>
<b>STOMACH CANCER</b>	
<b>KIDNEY DISEASE</b>	



### Your **APPEARANCE**

Excess levels of sodium/salt may cause:

**INCREASED WATER RETENTION, LEADING TO:**

- Puffiness
- Bloating
- Weight gain



## INDIGENT ENVELOPES

If you have **not** accumulated the cost of five postage paid envelopes (for less than one ounce) in your trust account in the previous month (\$3.20), you can request to be issued five postage paid envelopes from WCCF. Requests are to be made on an Inmate Communication Form (kyte) addressed to Ms. Adams in the Business Office at least one week prior to the end of the month.

If approved, a kyte will be sent back with the five postage paid envelopes along with a receipt. My workload is the deciding factor on when they are sent out, but it is my goal to have the indigent envelopes issued as close to the first of the month as possible. You will be required to sign for receipt of the envelopes. Put the signed receipt in the dining hall mailbox to be returned to Ms. Adams. Your envelopes will be issued between the 1st and 10th of each month. Only one issue of indigent envelopes will be made per inmate per month. You must make a new request for the five postage paid envelopes each month on the 25<sup>th</sup> of the month.

*If you are an inmate just arriving at WCCF, and you meet indigent requirements, send a kyte to Ms. Adams requesting envelopes. Your kyte must state that you just arrived at WCCF and are indigent. Otherwise your request will be held for processing on the dates noted in the previous paragraph. If you meet indigent criteria, I will issue you five (5) postage paid envelopes right away. Your next indigent envelope request will not be processed until the 26<sup>th</sup> of the following month.*

If you are housed in segregation and qualify for indigent envelopes, you may request them via kyte. The envelopes will be delivered by a staff member and you must sign for them. Staff will return the signed receipt to the Business Office.

**If you have made a canteen purchase during the previous month, or have had a deposit into your trust account that is equal to the cost of five postage paid envelopes, your request for indigent envelopes will be denied.**

Violations may result in confiscation, delayed mail and/or disciplinary action.

Thank you,

Ms. Adams, General Services OSII  
Business Office

## SHEET/BLANKET EXCHANGE

The following procedure will be adhered to:

Sheets and pillow cases will be exchanged every Saturday.

Blankets will be exchanged once a month.

Sheet/blanket carts will be sent to the Housing Units at approximately 3:30 pm.

The Housing Unit Laundry Orderlies will retrieve the carts from Laundry and prepare the carts for dispersal on the Housing Units.

Depending on when your Housing Unit is called to chow will determine when your sheet/blanket exchange will occur. If you are one of the first two Housing Units sent to chow, you will exchange your sheets/blankets when your Housing Unit returns from chow. If your Housing Unit is one of the last two to be called to chow, you will exchange your blankets after the 4:30 pm Count clears at the Officers discretion.

Sheet/blanket exchange will be announced by your Housing Unit Officer. They will start calling bunks in numerical order (i.e. 01A-08A). One row of bunks will be called until everyone exchanges their dirty sheets/blankets.

When you are exchanging your dirty sheets/blankets, you will show your dirty sheets/blankets to the Officer. When they direct you to, you will place the dirty sheets/blankets in the bin. Then you will be issued your clean sheets/blankets.

**Anyone found not exchanging their sheets/blankets when directed to, will be held accountable and progressive discipline will be utilized. This is a sanitation issue.**

### SODA COUPONS

Please do not fold or crease the soda coupons if you can avoid it. Folding and putting them in your pocket degrades coupons and prohibits them from working in the machines. Please be mindful of their treatment. Thank you for your cooperation in this matter.

Ms. Carpenter - General Services



## PREA SEXUAL ABUSE ADVOCACY

After a sexual assault you may want to speak with someone who can assist you with what happens next. Whether you choose to have a forensic medical exam and report the assault to the institution or not, you can get help from an advocate. The advocate will help you by providing you with information about the process as well as provide you with emotional support. This help is called advocacy. Advocates offer survivors information about the different options available to them and support a survivors' decision-making. Advocates do not tell the survivors what to do advocates are committed to maintaining the highest possible levels of confidentiality in their communications with survivors.

Oregon Department of Corrections has a **ZERO TOLERANCE** policy towards sexual abuse and sexual harassment of incarcerated persons.

**WCCF Community-based Advocacy Center**  
**exclusively for Sexual Abuse/Sexual Assault**

Lake County Crisis Center  
PO Box 774  
Lakeview, Oregon 97630

### Role of an Advocate:

- Provide over the phone confidential support and crisis intervention related to sexual abuse
- Talk with survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/Teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

### An Advocate's role is:

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy
- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

### How to Reach an Advocate

Simply dial 711 or 1(800)338-7590, you will be connected to the local community-based advocacy center. There is no charge when calling either numbers. You may also write to an advocate at the address listed for the Lake County Crisis Center. If you feel like you are in immediate danger contact the nearest staff member or OIC.

## OPTIONS FOR FILING A REPORT OF SEXUAL ABUSE

- Contact the Inspector General Hotline by dialing 9 on the inmate telephone system.
- File a grievance.
- File an anonymous report with an outside agency by writing to:

Governor's Office of Constituent Services  
900 Court Street NE, Suite 160  
Salem, Oregon 97301

(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous)



**VS.**

