



# Snake River Currents

April 15, 2021 - April 21, 2021

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## Creating Art Creating Change Instructional Art

We are excited to announce the plans to move forward with implementing our Instructional Art Class to begin on Complex 2 towards the end of May! As of right now, the class will be piloted on Complex 2 with the hopes of expanding throughout the institution. This is a 12-week commitment and class sizes are restricted due to COVID-19 and will be limited to 10 with appropriate social distancing. Classes will be held Tuesday, Wednesday, and Saturdays from 7:45am to 10:45am in Complex 2 Gym. Listed below are the following requirements to participate in the 12-week art class.

- No conflicting call-outs (must be committed for the full 12-weeks)
- Be able to purchase own supplies from canteen
- Participate in a brief interview process
- Be housed on Complex 2



The class will focus on portraiture, wildlife (using all three-medium graphite's), oil pastels, and colored pencils. The cost of materials will be around \$30.00 to \$40.00. Any material not available on canteen will be provided for in class use only. **To be considered for the Art Class, please submit a paragraph as to why you'd like to participate, how you are able to commit to a 12-week class, and how this would benefit you, to Recreation Specialist, Mr. Bake, at B339. Kytes need to be received by Friday, April 23rd.** If you are not selected for the first art class, you will be placed on a waitlist to attend the next class. Class start date, list of materials, and any other pertinent information will be announced as soon as available. If you have any questions, please kyte Mr. Bake at B339 or you can speak with your Creating Art Creating Change peers—Steven Parsi, Timothy Espinoza, Mixay Deethsaysongkham, Paris McConville, Marlene Heatherly, Mike Green, Mike Haynes, or Michael Swaggert.

## SRCI Weekly Movies

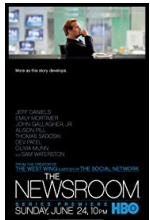


**News of the World - 1h 58min** (Tom Hanks, Helena Zengel) A Civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home.



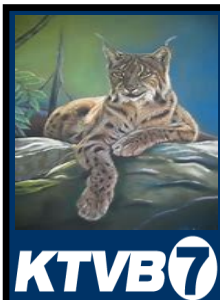
**The Undoing 3h** (Nicole Kidman, Hugh Grant) A modern twist to a classical "whodunnit" tale, when the life of a wealthy New York therapist turns upside down after she and her family get involved with a murder case.

- D:1 - April 16, 17 & 18



**The Newsroom - 2h** (Jeff Daniels, Emily Mortimer) A newsroom undergoes some changes in its workings and morals as a new team is brought in, bringing unexpected results for its existing news anchor.

- S:2 D:2 - April 19 & 20
- S:2 D:3 - April 21 & 22



**Thursday: 62/40**  
Partly Sunny

**Friday: 64/39**  
Partly Sunny

**Saturday: 67/39**  
Sunny

**Sunday: 72/43**  
Sunny

**Monday: 75/44**  
Sunny

**Tuesday: 72/45**  
Partly Sunny

**Wednesday: 71/43**  
Partly Sunny

## COVID Update

What are the current COVID-19 numbers at SRCI as of Monday, April 5, 2021?

- 489 AIC confirmed positive cases
- 1428 AIC negative cases
- 477 AICs recovered

**SRCI is currently in Tier 3 status -** April 5, 2021 through April 18, 2021 pending no positive AIC or staff cases. (These dates could change)

**If you are experiencing COVID-19 symptoms, please report them immediately.**

## Peer Council Inter-

Peer Council would like to thank all of those who have expressed an interest in participating in Peer Council! As of April 13, 2021, we have a waitlist close to 70 individuals and only one group accepting new members. All individuals on the waitlist will be required to go through an orientation process. Please be patient as we work through the waitlist. If you have any questions, please reach out to Peer Council AIC and Staff members.

## OCE Laundry Recruitment

OCE Laundry is looking for worker candidates for our general laundry operation. Workers will also be considered to participate in the OCE Laundry Certification Program, a 12-month industry certification.

### Requirements:

- Applicants must have between 3 years to 10 years left on their sentence,
- Preference will be given to those with over 6 years left.
- They must be housed in COMPLEX 1 OR be eligible to be housed in COMPLEX 1.
- Must have GED or HS Diploma.

### Work Ethic:

- Applicants must be team players and able to work well with staff and other AIC associates. "See work, Do work" is our motto.
- They will be expected to lift up to 50 pounds and stand for long periods.
- Work hours are Monday through Friday, 7:30 am to 4:00 pm.

### To Apply:

- Please kyte Mrs. Rodriguez, OCE Laundry at Box 159.
- Upon receipt of your kyte, OCE Laundry will send you an application to complete and return.
- Kytes must be received by **Friday, April 30, 2021**.



### Security Requirements:

- No Major DRs in the past 12 months
- No Program Failures in the past 6 months
- No STG, History of Escape

## Commissary News, Updates and Reminders

**Date:** Tuesday, April 13, 2021  
**To:** Adults in Custody  
**From:** Anita Nelson, Distribution Services Statewide Manager  
**Subject:** Commissary News, Updates and Reminders

### Updates:

- The following shoe will not be available until September 2021. Adidas Kaptir #8275404
- A credit will be issued for any Adidas Kaptir's that have been processed.
- We will follow up if the shoes become available sooner or not at all.



Adidas Kaptir Super Core  
Sizes Available: 7-12.5, 13  
Black, White & Grey Shoe / Black & White  
Sole  
Item #82754-04  
\$86.00  
ONE TIME BUY!  
**Subject to availability**

## Journeyman Electrical Apprenticeship Recruitment

SRCI Physical Plant has an AIC Journeyman Electrical Apprenticeship position that will be available in the near future. In order to apply, all of the following criteria must be met (no exceptions):

- Clear conduct (No Major DR or Program Failures)
- Completed and passed Math 70 or above (Must show proof)
- High School Graduate, GED, or above
- Must already be housed in Complex 1A, 1B, 1C or Minimum
- Classification 3 or less
- No history of escape or arson
- 10 years or less remaining on sentence



## LME Apprenticeship Recruitment

SRCI Physical Plant has an AIC Limited Maintenance Electrician (LME) Apprenticeship position that will be available in the near future. In order to apply, all of the following criteria must be met (no exceptions):

- Clear conduct (No Major DR or Program Failures)
- Completed and passed Math 70 or above (Must show proof)
- High School Graduate, GED, or above
- Must already be housed in Complex 1A, 1B, 1C or Minimum
- Classification 3 or less
- No history of escape or arson
- 10 years or less remaining on sentence



This program takes approximately five years to complete (8,000 program hours). If you are interested in this program and meet all of the above requirements, send a completed job application along with an AIC Communication expressing your interest to Physical Plant (B344). The applications will be screened by members of the SRCI Journeyman Electrical Apprenticeship Subcommittee. Qualified applicants will need to pass a security screening before being contacted for an interview. Applications will be accepted until April 23, 2021.

This program takes approximately three years to complete (4,000 program hours). If you are interested in this program and meet all of the above requirements, send a completed job application along with an AIC Communication expressing your interest to Physical Plant (B344). The applications will be screened by members of the SRCI Journeyman Electrical Apprenticeship Subcommittee. Qualified applicants will need to pass a security screening before being contacted for an interview. Applications will be accepted until April 23, 2021.

## Artificial Sweeteners

### **What are artificial sweeteners?**

Artificial sweeteners are manufactured products used instead of natural sweeteners in foods and drinks. Why replace natural sweeteners? Artificial sweeteners add very little calories, or sometimes no calories at all, to foods and drinks. This can be helpful for people who need to reduce the amount of sugars in their diet for medical reasons.

There are only 5 artificial sweeteners that have been approved by the FDA. These are better known by their brand names (in parenthesis): Aspartame (NutraSweet or Equal), Sucralose (Splenda), D-Tagatose (Sugaree), Saccharin (Sweet 'N Low), and Acesulfame potassium (Sunett). The drink mix used on the ODOC menus contains aspartame.

### **How is aspartame regulated?**

In the United States, artificial sweeteners such as aspartame are regulated by the Food and Drug Administration (FDA). These products must be tested for safety and approved by the FDA before they can be used. The FDA also sets an acceptable daily intake (ADI) for each sweetener, which is the maximum amount considered safe to consume each day during a person's lifetime.

The FDA has set the ADI for aspartame at 50 milligrams per kilogram (mg/kg) of body weight. This would be 3,750 milligrams per day for a typical adult weighing 75 kilograms (about 165 pounds), far more than most adults have daily. A 12 ounce can of diet soda usually contains about 192 milligrams (mg) of aspartame and a single packet of the sweetener contains about 35mg. An adult weighing 165 pounds would have to drink more than 19 cans of diet soda a day or consume more than 107 packets of sweetener to go over the recommended level.

### **Does aspartame cause health problems?**

Many studies have looked for health effects in lab animals fed aspartame, often in doses higher than 4,000 mg/kg per day over their lifetimes. These studies have not found any health problems that are consistently linked with aspartame.

Most studies in people have not found that aspartame use is linked to an increased risk of cancer.

In the largest study of this issue, researchers looked at cancer rates in more than 500,000 older adults. The study found that, compared to people who did not drink aspartame-containing beverages, those who did drink them did not have an increased risk of cancer.

Phenylketonuria (PKU) is a rare genetic disorder (present at birth) in which the body can't break down phenylalanine, an amino acid found in many foods. People with PKU need to follow a phenylalanine-restricted diet.

Because phenylalanine is a component of aspartame, it's important that people with PKU limit their intake of aspartame. That is why any product (including medicines) containing aspartame has the warning "Phenylketonurics: contains phenylalanine."

Aside from the effects in people with phenylketonuria, no health problems have been consistently linked to aspartame use. Research on artificial sweeteners, including aspartame, continues today.

*References: American Cancer Society. Does Aspartame Cause Cancer? Accessed at <https://www.cancer.org/cancer/cancer-causes/aspartame.html> on April 2, 2021.*

*National Cancer Institute. Artificial sweeteners and cancer. Accessed at [www.cancer.gov/cancertopics/factsheet/Risk/artificial-sweeteners](http://www.cancer.gov/cancertopics/factsheet/Risk/artificial-sweeteners) on April 2, 2021*

Elena Guevara RD, LD

4/5/2021

**Shambhala Calendars** for the Year of the Iron Ox are available (February 2021 - March 2022). The calendars are 6" x 7" in booklet form, with one month per page. To receive a calendar, please send a kyte to Chaplain Persinger Box B330.





## OREGON DEPARTMENT OF CORRECTIONS

April 6, 2021

To All Adults in Custody,

As the Medical Director for the Oregon Department of Corrections, I want to take a moment to update you on our vaccination efforts inside Oregon's prisons. As many of you know, the Oregon Department of Corrections (DOC) has been working hard to administer doses of COVID-19 vaccine to all adults in custody (AICs) who are willing and able to be vaccinated. On February 27, 2021, the U.S. Food and Drug Administration issued an emergency use authorization for the Johnson & Johnson COVID-19 vaccine. Since then, DOC has started to receive doses of the J&J vaccine for AICs. The J&J shot is based on a different technology than the Moderna and Pfizer vaccines. Those use mRNA, or messenger RNA, to deliver parts of genetic code to cells as a sort of instruction sheet. The Johnson & Johnson vaccine is what is known as a viral vector vaccine; it uses the same technology that has been proven safe and effective in creating an Ebola vaccine. The J&J vaccine is administered in a single dose—no need for a second shot. On March 31, 2021, I visited AICs at Oregon State Correctional Institution alongside professionals from the Oregon Health Authority, DOC's Health Services team, and institution Health Services staff. Our mission was to meet with those AICs who previously declined the vaccine and identify as Black, Indigenous, and/or as a Person of Color (BIPOC) or racial minority. We listened to their concerns, answered questions, and offered the new J&J vaccine to anyone who was interested. Unfortunately, our Oregon communities and our institutions have both seen less vaccinations among people who identify as BIPOC—even though these individuals have been the most severely impacted by the COVID-19 virus. We believe everyone inside our institutions deserves to be protected from COVID-19 and getting vaccinated is a great way to do that. I am happy to report that I received the vaccine December 28, 2020 and have been doing well. The best vaccine is the one you can get—and all three vaccines are extremely effective at protecting you from hospitalization and death from COVID-19. However, we are committed to hearing your concerns and doing what we can to accommodate. The most important thing we can do is vaccinate as many staff and AICs as possible to keep our institutions safe and return to normal operations. Please reach out to Health Services with your questions.

Sincerely,

**Warren Roberts MD FAANS**

Medical Director and Chief Medical Officer  
Oregon Department of Corrections

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6 de Abril de 2021

A todos Los Adultos en Custodia,

Como Director Médico del Departamento de Correccionales de Oregon, quiero un momento para actualizarlo sobre nuestros esfuerzos de vacunación dentro de las prisiones de Oregon. Como muchos de ustedes saben, el Departamento de Correccionales de Oregon (DOC) ha estado trabajando duro para administrar la vacuna COVID-19 a todos los Adultos en Custodia que están dispuestos y pueden ser vacunados. El 27 de Febrero de 2021, la Administración de Alimentos y Medicamentos de los Estados Unidos emitió de emergencia el uso la vacuna Johnson & Johnson (J&J) COVID-19. Desde entonces, DOC ha comenzado a recibir dosis de la vacuna J&J para los Adultos en Custodia. La vacuna de J&J se basa en una tecnología diferente a las vacunas Moderna y Pfizer. Aquellos utilizan mRNA, o RNA mensajero, para entregar partes del código genético a las células como una especie de hoja de instrucciones. La vacuna Johnson & Johnson es lo que se conoce como una vacuna contra vectores virales; utiliza la misma tecnología que se ha demostrado segura y eficaz en la creación de una vacuna contra el ébola. La vacuna J&J se administra en una sola dosis, sin necesidad de una segunda inyección. El 31 de Marzo de 2021, visité los Adultos en Custodia en la Institución Correccional de Oregon (OSCI) junto con profesionales de la Autoridad de Salud de Oregon, el equipo de Servicios de Salud del DOC y el personal de servicios de salud de la institución. Nuestra misión era reunirnos con aquellos Adultos en Custodia que rechazaron la vacuna e identificaron como Afroamericanos, Indígenas y/o Persona de Color (AIPOC) o minoría racial. Escuchamos sus preocupaciones, respondimos preguntas y ofrecimos la nueva vacuna J&J a cualquier persona que estuviera interesada. Desafortunadamente, nuestras comunidades de Oregon y nuestras instituciones han visto menos vacunas entre las personas que se identifican como AIPOC, a pesar de que estos individuos han sido los más afectados por el virus COVID-19. Creemos que todos los que están dentro de nuestras instituciones merecen ser protegidos del COVID-19 y vacunarse es una gran manera de hacerlo. Me complace informar que recibí la vacuna el 28 de Diciembre de 2020 y que me ha ido bien. La mejor vacuna es la que se puede obtener, y las tres vacunas son extremadamente eficaces para protegerlo de la hospitalización y la muerte por COVID-19. Sin embargo, estamos comprometidos a escuchar sus preocupaciones y hacer lo que podamos para acomodar. Lo más importante que podemos hacer es vacunar al mayor número posible de personal y los Adultos en Custodia para mantener nuestras instituciones seguras y volver a las operaciones normales. Comuníquese con los Servicios de Salud con sus preguntas.

Sinceramente,

**Warren Roberts MD FAANS**

Medical Director and Chief Medical Officer  
Oregon Department of Corrections