



# COFFEE TALK

Superintendent: Ms. N. Brown

Editor: Mr. Q

May 20, 2021



## WEEKEND AT THE MOVIES

5/22/2021	The Wall	R
5/23/2021	Memoirs of Geisha	PG13
5/29/2021	The Foreigner	R
5/30/2021	The Man with the Iron Fists	UR
5/31/2021	The Man with the Iron Fists 2	NR
6/5/2021	The Sister's Brothers	R
6/6/2021	Backtrace	R



May is Asian Pacific American Heritage Month. Since 1992 the entire month of May has been designated to celebrating these diverse cultures. It is especially important as it is marked by two very special events. The first Japanese immigrant arrived

in the US on May 7, 1843 and the anniversary of the Continental Railroad, which was completed on May 10, 1869, occurs. The Continental Railroad was completed with the help of tens of thousands of Chinese laborers. Their sacrifice and labor laid the groundwork for an infrastructure that is still in place today. Rooted in a long history of tradition and custom these cultures have helped to shape so many of the ideals and wishes that we hold to here in the US. For more than 150 years, Asian Americans and Pacific Islanders have played a vital role in shaping the American identity. And while they played a large role in the expansion and growth of the industrial and agricultural economy, they have faced intense discrimination and anti-immigrant violence. The history of mistreatment of these immigrants' dates far back and we have seen a recent rise in Asian American and Pacific Islander targeted crimes. The "Stop Asian Hate" movement has brought to light how far we have yet to come in creating and maintaining true equality here in the US. There are signs that point to progress as we look to State Senator Tina Maharath of Ohio, who was the first female Asian American to be elected. She encourages the Asian American and Pacific Islander communities to "speak up and not be quiet anymore." She says, "The only way to bring about change is by educating those that don't understand the culture, language and religion." May we all take a moment this month to celebrate the rich and varied culture the Asian American and Pacific Islander community brings to our society.

## UNDERSTANDING DATE LABELS ON PACKAGED FOODS

From: The Kitchen

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Many consumers don't understand the date labels on packaged foods, so let's see if we can clear up some of that confusion. Here are some facts about [packaged food date labels](#) and how to tell if your food is really spoiled.

### Tips for understanding date labels

Date labels are based on quality, not safety (except for infant formula products).

- A **“Best if Used By/Before”** date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.
- A **“Sell-By”** date tells the store how long to display the product for sale for inventory management. It is not a safety date.
- A **“Use-By”** date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula (infant formula products are required to have a “Use-By” date as regulated by the federal government).
- A **“Freeze-By”** date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

### Labeling is Voluntary

Manufacturers may add date labels voluntarily, and these labels should be considered an estimate. Food manufacturers add these date labels to inform consumers of the date up to which the food will be at its peak quality and flavor. Food should be safe to consume past its date label if it has been properly stored.

### How to Tell if Food is Spoiled

Food that is abnormally soft, discolored, or has a bad smell is likely spoiled. Food that has molded or has developed a “slimy” film on it should not be eaten. In the case of canned goods, swollen or leaking cans often indicate a spoiled product.

Consumers should regularly evaluate foods their pantry and refrigerator, look for any changes in texture and smell, and use their best judgement when

deciding whether to eat or throw away a particular food.

Written by Elena Guevara RD, LD, referencing the following article:

Pike, Alyssa RD and Sims, Tamika PhD.

*Understanding Date Labels on Packaged Foods.*

Food Insight. <https://foodinsight.org/understanding-date-labels-food-packaging/>. Posted Nov. 14, 2019.

Accessed April 9, 2021.

## OCE SCRUNCHIE LIMIT

From: OCE

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Please note: We will not process any orders for scrunchies, sleep eye masks, or shower bags from June 14-30 as we need to do our year-end inventory and reconciliation.

OCE would like to thank you for supporting the OCE Sewing Program by purchasing scrunchies, sleep eye masks, and shower bags. In fact, you have been so supportive that we currently cannot keep up with the demand. To help us get caught up, we are limiting sales of scrunchies to two (2) sets per person through May 31. Starting June 1, we will limit sales to four sets per person per month through the end of September. Thank you!

## OCE/DMV Work Opportunity

The OCE/DMV Call Center at CCCF is recruiting to fill five (5) open positions and also to establish a pool of candidates for future openings with the DMV Program. The work days are Monday-Friday. Schedule will be discussed during interview. This position awards 12 to 17 PRAS Points, with the opportunity to earn a production-based Team Goal Award as well. Hiring date is June 23.

All applicants must meet the following qualifications:

Must have a valid social security number or equivalent	Must have a GED or High School Diploma
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Have NO current convictions for ID Theft, Fraud, or Computer-related crimes or in previous 10 years	Have at least 6 months clear conduct <u>and</u> have completed 6-months kitchen requirement
Have NO program failures in the past 6 months	Requires the ability to sit and look at a computer screen for extended periods of time and understand voices on a headset.
Be able to read and speak English well.	Be able to work efficiently and professionally at all times.
Must have a <u>release date after July 2023</u> on your current sentence with no treatment window in the before July 2023. Lifers welcome to apply!	Bi-lingual Spanish-English- Preference will be given to those individuals who speak and write both English and Spanish well.

*DMV has provided me a place to stabilize, elevate, and cultivate my abilities, as well as discover new skills. I've learned so much about titling and licensing, process and procedures (which are quite interesting), but I have also learned more about myself. DMV has been instrumental in me reinventing myself. Residing inside these prison walls can damage a person's confidence, implement self-doubt – and frankly, most of us come here pretty lost and discouraged already. There is a great opportunity here to have some of that redirected and restored for those of you that want it.*

*When I am reading a driving record on my computer screen or talking on the phone with the title processing unit trying to solve an issue for an awaiting customer, I feel like I am part of something: something productive, useful, and necessary. I enjoy the value in the work that I do each and every day...and I am valued for it. This career choice for me has been a blessing. It is challenging and rewarding, constructively consistent, and this job prepares you for a variety of positions available beyond DMV upon your*

*release. There are many lateral job opportunities that the call center will prepare you for (just another developmental benefit). My experience as a customer assistance phone agent for the Coffee Creek Call Center has been a very positive one, full of growth and promise.*

*-LaShara Newman*

**All applicants will need to pass a security screening, application review, and DMV interview before being considered for the position.**

Submittal process: **DO NOT SEND APPLICATIONS TO DMV, THEY WILL NOT BE PROCESSED**

If you are Interested in applying, please submit a completed DOC Inmate Work Application to:

**B. Cannard, OCE General Manager.**

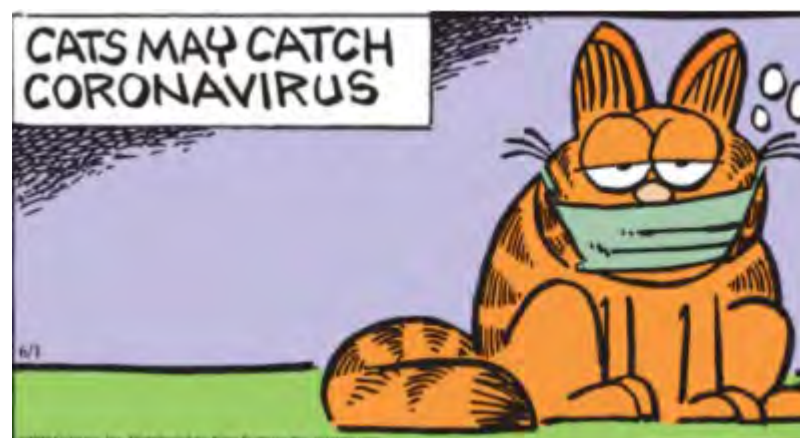
Please list “DMV call agent” as your position of interest.

**Applications must be received by: June 4, 2021**

DO NOT REMOVE BEFORE June 4, 2021

## ***Road to Success***

Submitted By: M.Saunders (RTOS Clerk)



### **What is RTOS?**

The Road to Success (RTOS) program is in place to help AIC's with 120 days or less prepare for their release. It consists of five components: 1) Employment (six sessions) 2) Working effectively with your Parole Officer 3) Your family, Your

Community, and Your release 4) Money management (two sessions) 5) Tenant Education (four sessions). All the classes are voluntary, and you will have the chance to sign up when doing the RTOS assessment (see below).

#### How does it work?

At about 6 months to release RTOS will send an assessment packet to you. You will answer and return the assessment sheet and begin the process of being scheduled for classes. Classes start approximately 2 months or less to release.

“Super Star” status is earned by taking all 5 of the available transition classes. Take advantage of any or all of the classes that will help you upon re-entry. This curriculum works in conjunction with current programs and courses you may already be taking. AIC’s will also have the opportunity to work one-on-one with transition staff to set up an individual transition plan for release. Be sure to take advantage of every program to ensure your success!

### *Open Office Hours*

Minimum Programs Building

D-17

Tuesdays: 8:00 am – 10 am

\*Please be appropriately dressed and bring a pen\*

If you are with-in 120 days of release and have transition needs such as employment information, which resources are available in the community you are returning to? We are here to assist you. You can work on a release plan, contact DMV, research housing options for your county, sign up for additional classes and handle various other transition related issues. Stop by our office during open office hours once you are within **120 days or less from your release**.

### *Highlights*

Upon release when you are applying for housing, *did you know* that you can ask for the landlords screening criteria and they are required to share it with you? It is important to get a copy of the landlord’s screening criteria before you apply and before you pay any money. You need to see exactly what information the landlord considers when deciding when to rent to someone. It is important to read the screening criteria carefully to see if you will pass or not. Remember, a landlord screens application for information like rental history, eviction and criminal histories; Income amount; and references.

This is just a little of the information that we will be sharing with you in the tenant education class. The class includes information on Fair Housing laws and reasonable accommodations for people with disabilities. Feel prepared to know your rights when it comes to renting upon release. We look forward to seeing you in class.

## TO ALL ADULTS IN CUSTODY

From: DOC

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To All Adults in Custody,

Yesterday, the Centers for Disease Control and Prevention (CDC) and the Oregon Health Authority issued new guidance for lifting mask and social distancing requirements for fully-vaccinated individuals. It is yet another sign that, if we all continue to do our part, the pandemic is coming closer to an end.

Starting May 13, 2021:

- Oregonians who are fully-vaccinated no longer need to wear masks or social distance in *most public spaces*.
- There are a few exceptions, such as public transportation, hospitals, **correctional facilities**, and long-term care facilities.

Thank you for your continuing to wear masks and keeping yourselves and those around you safe.

A todos los adultos bajo custodia,

Ayer, los Centros para el Control y la Prevención de Enfermedades (CDC) y la Autoridad de Salud de Oregón emitieron una nueva guía para los requisitos de levantamiento de máscara y distanciamiento social para personas completamente vacunadas. Es una señal más de que, si todos seguimos haciendo nuestra parte, la pandemia se acerca a su fin.

A partir del 13 de mayo de 2021:

- Los residentes de Oregon que están completamente vacunados ya no necesitan usar máscaras o distancia social en la mayoría de los espacios públicos.
- Hay algunas excepciones, como el transporte público, los hospitales, las instalaciones correccionales y las instalaciones de atención a largo plazo.

Gracias por seguir usando máscaras y por mantenerse a salvo a sí mismos y a quienes los rodean.

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## PREA INFORMATION

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From: DOC

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It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

AIC's who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the AIC telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

### Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a 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 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

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and only if you sign a release of information. Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the AIC telephone system, writing an AIC communication (kyte), filing a grievance, or writing the Governor's Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301. DOC is committed to providing AIC's with avenues to seek assistance. Below are additional resources:

### Just Detention International Headquarters

3325 Wilshire Blvd., Suite 340

Los Angeles, CA 90010

### PREA Advocate Coordinator

Oregon Department of Corrections

2575 Center Street NE

Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled like legal calls/official mail.

You may reach your community-based advocate by dialing "711" from the AIC telephone, dialing their direct crisis line number, or sending written correspondence.

### COFFEE CREEK CORRECTIONAL INSTITUTION:

Call To Safety

PO Box 42610, Portland OR 97242

1-888-235-5333

CTS advocates are confidential. Dial 711 to speak with an advocate or write to us.

*Call to Safety offers a safe refuge and supportive services for victims and survivors of domestic and sexual violence. Services are provided to survivors of any race, color, creed, disability, religious belief, status, gender presentation or sexual orientation. All services are free and confidential.*

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## WOMEN'S REPRODUCTIVE HEALTH SERVICES

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The **Smart Start** program provides reproductive health education, resources, birth control and clinical services for AICs releasing from CCCF & CCCM. Currently, we are unable to hold Risk Reduction & Birth Control Method Classes due to operational changes related to COVID-19. However, the Health Care Providers from the Neighborhood Health Clinic are continuing to come onsite twice a month for clinical services. There are multiple contraceptive options available to you prior to release including: birth control pills, emergency contraception, condoms, DepoProvera injection, IUDs, Nuva Ring and Nexplanon implant. If you are interested in getting started on a contraceptive method prior to your release, please submit a **Health Services** communication form to Health Services **2 months** prior to your release date. This will ensure we can get you scheduled for a Smart Start Clinic before you release. If you know which contraceptive method, you are interested in, please include that information on your kyte.

Are you respectful and responsible?

Are you looking for a way to help improve the Health Services environment?

CCCF is currently accepting applications for the Clinic Orderly position in Medium Health Services. This position will be limited to 2 years.

In order to be considered for this position you must:

- Be housed in the Medium facility
- Have 6 months clear conduct and no program failures in the last 6 months
- Must have at least one year remaining of your sentence
- Be physically able to lift with no medical restrictions.
- We are looking for individuals who communicate well with others, are self-motivated, detail oriented, complete tasks thoroughly and take pride in their work.

If you are interested in the Clinic Orderly position, pick up and complete an AIC Work Application on your unit. Address your completed application to Health Services-Nurse Manager and submit by placing in the Health Services kyte box on your unit. Applications received will be screened by AIC Work Programs (IWP). Applicants who meet the minimum qualifications will be scheduled and called out for an interview. Thanks for your interest.

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## VOCABULARY WORDS

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### Polaris

[pə'lerəs]  
DEFINITION

1. *astronomy*  
a fairly bright star located within one degree of the north celestial pole, in the constellation Ursa Minor. It is a triple star, the bright component of which is a cepheid variable. Also called North Star, polestar.

### tenacious

[tə'nāSHəs]  
ADJECTIVE

1. tending to keep a firm hold of something; clinging or adhering closely.  
"a tenacious grip"  
*synonyms:*  
firm · tight · fast · clinging · strong · forceful · powerful · unshakeable · immovable · iron · sticky · adhesive · glue y · gummy · glutinous · viscid · viscous · mucilaginous · claggy · clarty
  - not readily relinquishing a position, principle, or course of action; determined.  
"you're tenacious and you get at the truth" · "the most tenacious politician"  
*synonyms:*  
retentive · good · photographic
  - persisting in existence; not easily dispelled.  
"a tenacious local legend"  
*synonyms:*  
persevering · persistent · pertinacious · determined · dogged · single-minded · strong-willed · tireless · indefatigable · resolute · patient · purposeful · diligent · assiduous · sedulous · unflagging · staunch · steadfast · untiring · unwavering · unswerving · unshakeable · unyielding · uncompromising · insistent · importunate · relentless · unrelenting · inexorable · implacable · stubborn · intransigent · obstinate · obdurate · stiff-necked · rock-ribbed

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### DID YOU KNOW?

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The story of Pandora's box begins with the story of Zeus, Prometheus, and Epimetheus. Prometheus and his brother Epimetheus were Titans but pledged their loyalty to Zeus and the Olympians, since Prometheus

was born with the special power of prophecy and knew that Zeus would defeat the Titans. Zeus rewarded Prometheus and Epimetheus for their loyalty and gave them the job of creating the first creatures to live on Earth. Epimetheus formed the animals and gave each a special skill and form of protection. Prometheus took his time molding man, and was left with no forms of protection since Epimetheus had already given them all away. Prometheus knew man needed some form of protection and asked Zeus if he could let man have fire. Zeus refused. Fire was only for the gods. Prometheus ignored Zeus and gave man fire anyway. For this, Prometheus was punished. Zeus tied him with chains to a rock far away in the Caucasus Mountains where nobody would find him. Every day Zeus sent an eagle to feast upon Prometheus' liver, which grew back every day so that Prometheus would have to endure this torture daily until Heracles found Prometheus and killed the eagle and let Prometheus go.

This torture wasn't enough of a punishment for Zeus who also believed that humans should be punished for accepting the gift of fire from Prometheus. To punish man, Zeus created a woman named Pandora. She was molded to look like the beautiful goddess Aphrodite. She received the gifts of wisdom, beauty, kindness, peace, generosity, and health from the gods.

Zeus brought her to Earth to be Epimetheus' wife. Even though Epimetheus' brother, Prometheus, had warned him of Zeus' trickery and told him not to accept gifts from the gods, Epimetheus was too taken with her beauty and wanted to marry her anyway.

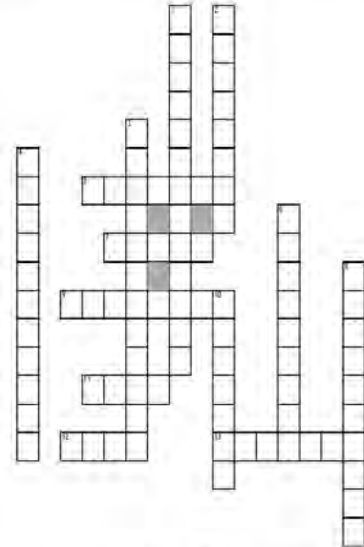
As a wedding present, Zeus gave Pandora a box (in ancient Greece this was called a jar) but warned her never to open it. Pandora, who was created to be curious, couldn't stay away from the box and the urge to open the box overcame her. Horrible things flew out of the box including greed, envy, hatred, pain, disease, hunger, poverty, war, and death. All of life's miseries had been let out into the world. Pandora slammed the lid of the box back down. The last thing remaining inside of the box was hope. Ever since, humans have been able to hold onto this hope in order to survive the wickedness that Pandora had let out.

"Pandora's box" now means anything that is best left untouched, for fear of what might come out of it.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Cultural Diversity Crossword



Across

5. Which of these can be taught? (race, culture, ethnicity, or gender)  
 7. A culture that believes health is the balance between Yin and Yang  
 9. Defined as the beliefs individuals have about themselves, their connections with others, and their relationships with a higher power  
 11. One thing, person, or group compared with another, usually in an unfair way  
 12. This is determined by your physical and biological characteristics  
 13. Person who does not believe in any deity

Down

1. Process of social, psychological, and cultural change; blending cultures  
 2. What type of family consists of grandparents, aunts, uncles, and cousins?  
 3. Care that provides for the well being of the whole person  
 4. Family where oldest male or father is head of the household  
 6. Opinion that is not based on reason or experience  
 8. The saying "All football players are dumb jocks" is an example of a  
 10. What type of family consists of a mom, dad, and children?

## PHOTO PROGRAM UPDATE

From: Life Skills- Mr. Q

Good day to you- Starting 05-20-21 AIC will no longer be allowed to lay on the ground for photos. Correctional Officers are obligated to hold AIC's accountable to all photo rules. Unfortunately, I have had to disapprove pictures that AIC were not social distancing 6 feet including hands and feet. I hope so much you enjoy your pictures, but if you are not satisfied, I will do what ever I can to make it right. Keep in mind things happen and we do our best to serve you.

**If the rules are not followed, the pictures will not be processed.**

## CRAFT UPDATE

From: Life Skills- Mr. Q

Large craft boxes from Nasco are coming soon and I will announce the prices on each unit in a poster of flyer so keep a look out. The craft program is a privilege and participants must sign an agreement before they can be put into the program. It is for level threes only and you must live on J or K or 300. There have been fire crew from 300 moved

and you will get your craft orders delivered to you unless you are disqualified in one way. Also, in the near future we are opening up the craft program to D unit. If you are on D unit you must also be a level three and can request to be put into the craft program. If you are on D unit you will have a special agreement as you also have a no sharps agreement that needs to be honored. Look for a formal invitation with rules and expectations to come soon. - I hope it is a great experience for you!

