

Warner Creek Trails

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

JANUARY 2023

WARNER CREEK TRAILS

VOLUME 21 ISSUE 1



Dates to Remember:

January 1—
New year's day

January 16—
M.L.K.. day

WINNING WORDS:

"Approach the New Year with resolve to find the opportunities hidden in each new day."

— Michael Josephson

Stay Positive Work Hard Make It Happen

Every year, millions of people make New Year's resolutions, hoping to spark positive change. The reoccurring themes each year include a more active approach to health and fitness, improved finances, and learning new things for personal and professional development. Chances are, more than a couple of the top 10 most common resolutions will look familiar to you:

1. Exercise more
2. Lose Weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money/spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

However, once the flow of a fresh new year wears off, many people struggle to make good on their plans. According to a study published in the *Journal of Clinical Psychology*, only 46% of people who made New Year's resolutions were successful. That means over half of the peo-

ple who set a goal for the new year will fail!

Naturally, we don't want to be in the camp of folks that fail to achieve their aspirations and dreams for 2023, so we've put together a list for following through on your resolution that will surely help you stay on track.

If you want to realize your New Year's resolution this year, follow these 10 steps:

1. Mentally prepare for change
2. Set a goal that motivates you
3. Limit resolutions to a manageable amount
4. Be specific
5. Break up big goals into smaller goals
6. Write down your goals
7. Share your resolution with others
8. Automate where possible
9. Review your resolution regularly
10. If you fall off track, get back on quick

The next year does not have to be a big extravagant changes for everyone. Start small and stay focused, and you will be pleased with the changes you are capable of!

January 2023 Education Dates:

Dates may change without notice

January 1st: New Year's Day (YEAH 2023!!!)

January 2nd-9th: Education Closed

January 10th: First Day of Winter Term

January 16th: Martin Luther King Jr.'s Day



Education Library

Book of the Month

250.215.T0JRR.01.001-

The Lord of the Rings: The Fellowship of the Ring
By: Tolkien, J.R.R Fantasy

The first volume of the epic adventure The Lord of the Rings. In ancient times, the Rings of Power were created by the Elven-smiths, and Sauron, the Dark Lord, forged the One Ring, filling it with his own power so that he could rule all others

Independent Study of the Month:

Nutrition Made Clear

It's the New Year and time for the usual resolution, become healthier. Well in this 6-disc work at your pace course you can learn the fundamentals of healthy living and what foods are important for a healthier life. You'll be learning about the human body and how it works with all types of foods, including minerals, vitamins, and the different types of sugars and fats within our daily life.



To: All Adults in Custody

Date: November 30, 2022

This month Oregon voters passed Ballot Measure (BM) 112, which amends Article 1, Section 34 of the Oregon Constitution. BM 112 removes language from Oregon's Constitution that permitted the state to impose involuntary servitude as a punishment for persons convicted of crime. Passage of BM 112 does not change the constitutional requirement that adults in custody (AICs) work, and it does not entitle AICs to minimum wage. Adults in custody are still required under Article 1, Section 41 of the Oregon Constitution to actively engage in full-time work or on-the-job training, which may include education.



Para: Todos los adultos bajo custodia

Fecha: 30 de noviembre de 2022

Este mes, los votantes de Oregón aprobaron la Medida electoral (BM) 112, que modifica el Artículo 1, Sección 34 de la Constitución de Oregón. BM 112 elimina el lenguaje de la Constitución de Oregón que permitía al estado imponer la servidumbre involuntaria como castigo para las personas condenadas por un delito.

La aprobación de la BM 112 no cambia el requisito constitucional de que los adultos bajo custodia (AIC) trabajen, y no da derecho a los AIC al salario mínimo. Los adultos bajo custodia todavía están obligados bajo el Artículo 1, Sección 41 de la Constitución de Oregón a participar activamente en un trabajo de tiempo completo o capacitación en el trabajo, que puede incluir educación.

2022 Taxes & Forms

- DOC will not be providing Adults in Custody (AICs) with tax forms.
- It is recommended that AICs obtain appropriate tax forms (*IRS Form 1040 / Oregon Form OR-40, etc.*) and instructions from a trusted source outside of the institution.
- AICs will need to use their own pre-addressed, postage paid envelope(s).
- AICs may appoint a qualified and trusted person as their power of attorney (POA) to assist with the tax filing process. POA forms can be obtained by submitting a Library Request form (CD1714).
- Department staff may not provide tax advice to AICs.



2023 PRAS run dates:

1/05/2023
2/09/2023
3/09/2023
4/06/2023
5/04/2023
6/08/2023
7/06/2023
8/10/2023
9/07/2023
10/05/2023
11/09/2023
12/07/2023

(The 1st Thursday of
the month, following
the 1st Monday)



Reminders:

Soda tickets will only be credited if an AIC has been transferred to a different facility. The AIC has 30 days from the date of transfer to submit an AIC communication form requesting a credit from the commissary where the soda tickets were purchased. You must include the unused soda ticket(s) and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of the request. Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda. The use of the soda machine is at your own risk.



For any questions regarding the TV/music channels, please address the kytic to the ISM.

Physical Plant does not have any authority over the choices and/or changes. Thank you.



A Note From Canteen

Reminder: During canteen, there is a strict one person per window limitation. Per inmate WCCF handbook: "It is never allowed to have other inmates carry your orders unless a previous authorization from security is in place." If you have a large order, use a laundry bag.

Also, inclement weather is not a consideration that permits an AIC into canteen hallway. Please dress appropriately for bad weather and be prepared to wait outside. No more than 10 AIC's are permitted inside of canteen hallway.

Your order will <u>NOT</u> be processed:	
◆	If you have insufficient funds.
◆	If the form is soiled, stained and / or contaminated.
◆	If the writing is not legible.
◆	If it is not written in BLUE ink.
◆	If you have doodled or written notes on the form.
◆	If the form has been shaded or highlighted.
8.12.2020 sj	
You are responsible for maintaining all your receipts and warranty information.	



JANUARY IN HISTORY

THIS TRIVIA QUIZ WILL STRETCH YOUR LONG-TERM MEMORY MUSCLES.

1820: Two Russian explorers discovered this unpopulated continent.

1848: This was discovered at Sutter's Mill in Northern California.

1870: Political cartoonist Thomas Nast first used this animal symbol for the Democratic Party in a *Harper's Weekly* cartoon.

1892: An immigrant-processing gateway opened on this small island between New York and New Jersey.

1922: Leonard Thompson, a 14-year-old diabetic who lay dying in a Canadian hospital, was given the first injection of this drug to treat his diabetes.

1942: The wife of Clark Gable and star of *My Man Godfrey* and *To Be or Not-To-Be* died in a plane crash near Las Vegas.

1945: Officials added this chemical to the drinking water in Grand Rapids, Michigan in an experiment to improve dental health.

1952: *Today* (also known as *The Today Show*) made its debut with this host, who shared the stage with a chimp named J. Fred Muggs.

1953: Sixty-eight percent of all televisions in the U.S. were tuned to watch the episode in which this sitcom star gives birth to her onscreen baby.

1954: A famous center fielder for the New York Yankees married an even more famous actress. Can you name the couple?

1959: President Eisenhower signed a proclamation admitting the forty-ninth state to the union. Which state was it?

1959: The western series *Rawhide*, starring this young actor, premiered on CBS.

1962: This innovative, cigar-smoking comedian, and husband of singer/actress Edie Adams, was killed when he lost control of his Chevrolet Corvair on a Los Angeles roadway and crashed into a power pole.

1973: The Supreme Court delivered its decision to legalize elective abortion in all fifty states, sparking a politically turbulent debate that was turned over in 2022. What was the name given to that case? _____.

1974: In response to an energy crisis, President Nixon signed an emergency bill that changed these signs on highways across America. _____.

1976: Supersonic travel began with the introduction of this jet into commercial service. It reduced a nearly eight-hour London to New York to three and a-half hour flight. _____.

1981: Fifty-two hostages were released after being held 444 days in this country. _____.

1991: Operation Desert Storm began with the purpose of expelling Iraqi forces from this oil-rich country, which Iraq had invaded a few months earlier. _____.

1994: This Olympic hopeful was clubbed on the leg by the ex-husband of a skating rival. _____.

2009: US Airways pilot Captain Chesley Sullenberger made a miracle emergency landing on this river after his plane flew into a flock of birds that disabled both engines. _____.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 11/7/2022.

PROPOSED RULES:**291-117 Authorized Inmate Property**

- Amends rule to remove gender-based language and to bring the rule into alignment with current operational practice.
- Last day to provide comments: 2/7/2023 at 5:00 PM

TEMPORARY RULES:**291-105 Prohibited Conduct and Processing Disciplinary Actions**

- Amends rule to reduce the maximum consecutive sanction to DSU from 180 days to 90 days.
- Effective 1/1/2023 through 6/29/2023

291-069 Security Threat Management

- Amends rule to update and clarify for staff and adults in custody the identification of adults in custody that present an elevated security threat risk for early intervention and Security Threat Management (STM), including expressly authorizing in the rules the department's utilization of risk assessment tools.
- Repeals Attachment A - High Alert Adult in Custody.
- Effective 11/29/2022 through 5/27/2023



LAW LIBRARY REMINDER

NOTE FROM THE WCCF LAW LIBRARY:

- Please remember to bring any legal material, or envelopes (if doing a mail-out or notary) to your appointment with a legal assistant.
- Please fill in all portions of the “Law Library Request Form” CD 1174 kyte, including any deadlines, schedule conflicts, case numbers, and the subject of your appointment.
- For those adults-in-custody who wish to pursue Senate Bill 819 requests through the Law Library please make sure to request your programming and disciplinary history from Mrs. Havelly, Public Information Officer for WCCF before any appointment for SB 819 Petitions, as well as copies of your judgment from Mrs. Conley, Records. This will help in filling out the SB 819 petitions.
- Currently, the General Library Checkout is unavailable. This will continue until changes are made to allow checkout to resume.
- New Materials have been added to each unit’s “Resource Binder”, consisting of a list of available forms you can order with a kyte to the Law Library (CD 1174) with a signed CD-28 for the cost of the form (\$.10 per page, for each form). Just send us a kyte with the price/cost, and form number (e.g., Form #03.020) of the form you want on the list, with the CD-28, and we will send you a copy of the form in the kyte system. We no longer will call you out to pick up a form.
- Please be patient with scheduling, as we are revamping our law library and system. Thank You.

****ALL MISSED LEGAL CALLOUTS WILL RESULT IN AN
AUTOMATIC 4-HOUR CELL IN****



WCCF MAILROOM

- **MAIL VIOLATIONS** - unopened mail vs. opened mail
 - Unopened mail may have one or more reasons to be rejected. In this instance, a sticker is produced to return to sender with a brief explanation why & AIC **will not** get a paper notification.
 - Opened mail will result in a paper mail violation, gets distributed to both the sender and the recipient with details. Unless it is AIC to AIC, then only the sender gets a paper mail violation, not the recipient.
- **291-131-0015 (5)** Excluding weekends and holidays, incoming and outgoing correspondence should be processed within two days of receipt; publications and packages within four days of receipt; unless the mail is being reviewed for possible violations. **There are no time frames for conducting reviews.**
 - Please keep in mind that items being reviewed are scanned to Salem for a final determination.
 - Mailroom staff follow the above mail rule. We have roughly 48hrs for letters & newspapers; 96hrs for magazines and books. We do our best to go through everything, well before the deadlines.
- Incoming mail hits different check points before it gets to Lakeview. If your family/friends say it shows delivered, that does not mean it was delivered to WCCF. Please be patient.
- **AIC TO AIC MAIL REMINDERS:**
291-131-0020 (5) (a) Inmates are authorized to correspond with other inmates if the correspondence is otherwise in compliance with department rules.
(A) **Inmates may send only the following items to another inmate:**
(i) Correspondence; (ii) One drawing per envelope; and (iii) One photograph per envelope.

• UPCOMING HOLIDAYS

• NOVEMBER 11th	VETERAN'S DAY	NO MAIL, CLOSED
• NOVEMBER 24th	THANKSGIVING	NO MAIL, CLOSED
• NOVEMBER 25th	DAY AFTER THANKSGIVING	NO MAIL, CLOSED
• DECEMBER 24th	CHRISTMAS EVE	NO MAIL, CLOSED
• DECEMBER 25th	CHRISTMAS	NO MAIL, WEEKEND
• DECEMBER 26th	DAY AFTER CHRISTMAS	NO MAIL, CLOSED
• DECEMBER 31st	NEW YEAR'S EVE	NO MAIL, WEEKEND
• JANUARY 1st	NEW YEAR'S DAY	NO MAIL, WEEKEND
• JANUARY 2nd	DAY AFTER NEW YEAR'S	NO MAIL, CLOSED



HOMEMADE CARDS ARE NOT PERMITTED.
(SUCH AS PHOTOS GLUED TO CARDSTOCK)
CARDS SENT TO OTHER AICs, AND CARDS SENT
TO THE OUTSIDE AND RETURNED TO SENDER,
WILL BE CONFISCATED AND WILL NOT BE SENT
INSIDE THE INSTITUTION.

PACKAGE AUTHORIZATIONS

If you have been given special permission to receive an item, wait until the package authorization is complete and the mailroom has been notified before having the sender mail the package.

If the item arrives, and the mailroom has not received the package authorization, the item(s) will be returned.

291-131-0025 (9) Packages, except books, magazines, and newspapers received directly from the publisher or distributor, require prior authorization from the functional unit manager or designee. The package authorization form must be attached to the outside of the package.

MAIL TIP:

WHEN SOMEONE PLACES AN ORDER FOR AN AIC FROM AMAZON, ETC., THE SECOND ADDRESS LINE/APT# AREA IS THE PERFECT AREA TO PLACE THE SID#.

**PLEASE REMIND FRIENDS AND FAMILY THAT
THE RETURN ADDRESS MUST BE ON
THE FRONT OF THE ENVELOPE COMPLETE WITH NAME.**

Incoming mail shall have on the front of the envelope free from obstruction, the sender's name and return address, and shall be addressed to the inmate using his/her court name and SID number. OAR 291-131-0025 (1)

**ATTENTION**

**SENDING MAIL WITH
ANOTHER AIC'S NAME AND SID# IS PROHIBITED.**

TIPS FOR INCOMING GREETING CARDS:

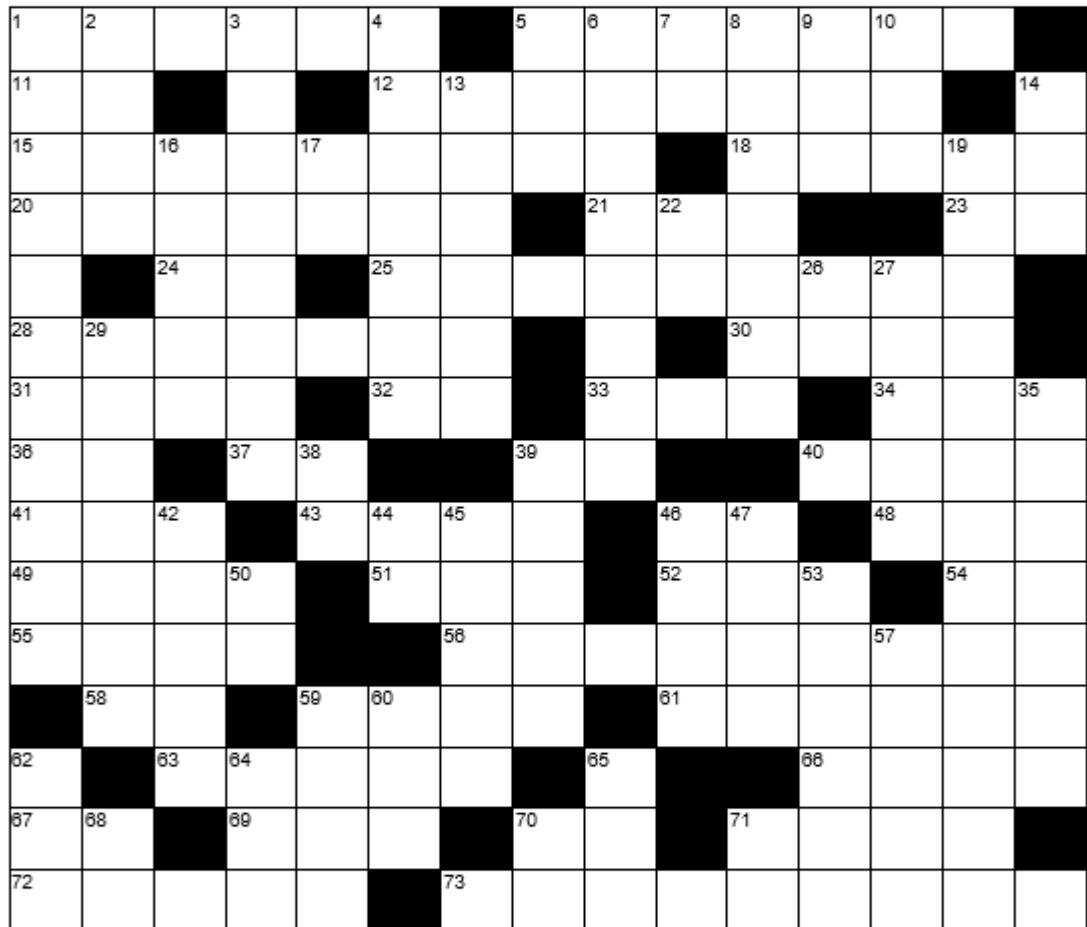
KEEP IT SIMPLE.

NO GLITTER.

NO STICKERS.

**DO NOT INCLUDE OTHER ITEMS SUCH AS COINS,
CROSSES, ETC.**

January Crossword Puzzle!



ACROSS

1. Follows Summer.
5. Embodiment.
11. Railroad (abbr.).
12. Chocolate drink for kids.
15. Raven home.
18. Afresh.
20. Unlawful.
21. Wager.
23. Arts & Entertainment Network.
24. Morning (abbr.).
25. Winds through Africa (2 words).
28. Muslim holiday.
30. Seaman home.
31. Amateur (abbr.).
32. Popular electronics company.
33. Perfect present tense suffix.
34. Otolaryngologist specialty (abbr.).
36. Toilet Paper (abbr.).
37. Ancient alien (abbr.).
39. Off's opposite.
40. Therefore.
41. Indicated horsepower (abbr.).
43. Breakfast, for one.
46. Siding company (abbr.).
48. Thither.
49. Excessively smooth.

DOWN

1. Mediation.
2. Russian mountain range.
3. Last in a series.
4. Trifling.
5. Aural appendage.
6. Commoner.
7. Corporate technical infrastructure.
8. Darkening.
9. Solo.
10. Kitten's cry.
13. Selecting a candidate.
14. Trade this for an eye.
16. Camel's South American relative.
17. Integrated Circuit (abbr.).
19. Like viewing the larynx.
22. Emergency Room.
26. Ex-military benefits group (abbr.).
27. All.
29. Charmed stones with his lyre.
35. Simple educational flute.
38. Trademark (abbr.).
39. Mediterranean fruit tree.
42. Argue your case in court.
44. Electrical Engineer (abbr.).
45. Without company.
46. Long-Range Recon Patrol (abbr.).

51. Cotton gin inventor.	47. <u>Beside</u> , beyond (prefix).
52. British air defense (abbr).	50. Young Life (abbr).
54. Southeast (abbr).	53. Carnival wheel.
55. Christmas.	57. Stand up.
56. Exert too much reciprocal force.	59. Green Gables resident.
58. Drug user support group (abbr).	60. Critical Care Unit (abbr).
59. Teenage burden.	62. Border, edge.
61. Pirate pet.	64. Accumulation of years.
63. Prom, for one.	65. Creative expression.
66. Ready to eat.	68. Again, anew (prefix)
67. Emergency room (abbr).	70. Located inside.
69. Wildebeest.	71. Railroad (abbr).
70. Infra-Red (abbr).	
71. Italian director Dino.	
72. Confused struggle.	
73. Cross at a point.	



**State of Oregon
Department of Corrections Commissary**

DATE: TUESDAY, DECEMBER 27, 2022
TO: Adults in Custody
FROM: Dustin Hoffman, Acting Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

Come and get them while we still have some!

Funyuns 1.875 oz price reduced to only \$1.50

Please note that this is while supplies last and to ensure the quality and freshness of the product on hand.



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

SUDOKU!

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

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

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

A Trip to Paradise

I'm writing on the topic entitled *A Trip to Paradise* and I'm using it as a metaphor to 2023. Paradise for me can be found somewhere in the Pacific Islands. The temperature is 85 degrees. It's warm and tropical and beautiful. Lots of islands and water everywhere! Here's the deal—nobody goes there by accident. You don't just wake up in paradise.

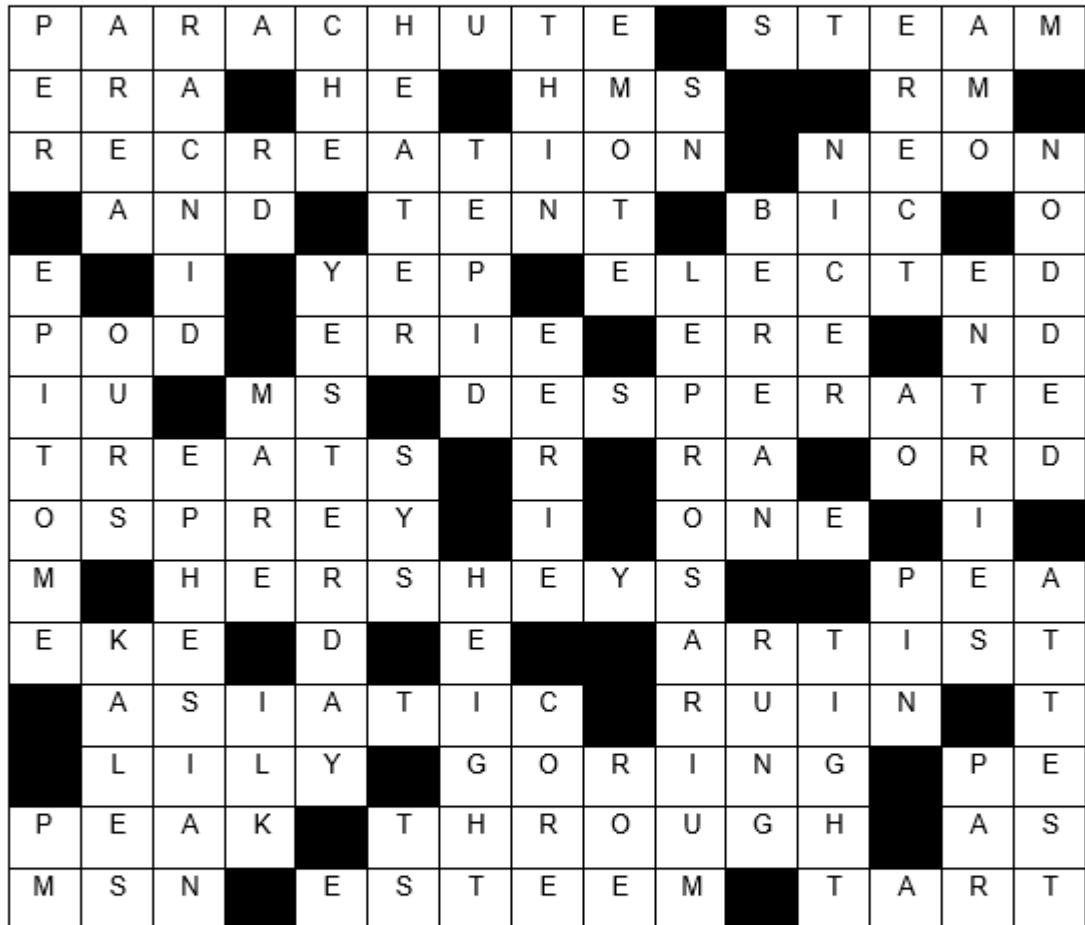
Now, I'm not talking about geography, I'm using paradise as a metaphor for your life and future. It's the place of God's favor in your life. It's your place of dreams come true. Your heaven on earth.

It's what you see for your marriage, it's what you see for your family, it's what you see for your kids and it's what you see for your future. Paradise is a metaphor for your place of aspiration and ambition. It's your place of purpose, which unfortunately, is undiscovered by some, but that's what paradise represents—it's a place of purposeful living. It's a place of peace. It's a place of fulfillment and prosperity.

The Bible teaches "Commit to the LORD whatever you do, and your plans will succeed" (Proverbs 16:3, NIV). There are two things about this verse that I want you to notice: 1) It doesn't say, "just commit your life to the Lord" and, 2) it doesn't say, "just plan your life without committing your plans to the LORD." It says, "commit whatever you do—have a plan and commit that plan to God.

You do those two things together. You go before God with your plan. Many people don't realize how important planning is in our lives and how often the Bible talks about planning. If you fail to plan—you can plan to fail. What are your plans for 2023 and have you committed them to God? Happy New Year!

Chaplain Friend

DECEMBER CROSSWORD SOLUTION

December in History Answers:

1903: Kitty Hawk

1911: Roald Amundsen

1936: Wallis Warfield Simpson, an American Divorcee

1941: Three hundred fifty-three Japanese aircraft attacked the U.S. Pacific Fleet in Pearl Harbor, Hawaii, killing 2,402 military personnel.

1944: Glenn Miller. No trace of the plane, crew or passengers has ever been found.

1947: The transistor

1954: Senator Joseph McCarthy

1955: Montgomery, Alabama

1957: Presley served in Company D, 32nd Tank Battalion, 3rd Armor Corps in Friedberg, Germany where he attained the rank of sergeant.

1963: Frank Sinatra

1967: Dr. Christaan Barnard. The patient lived eighteen days.

1975: Lynette "Squeaky" Fromme

1980: John Lennon

1981: She was the first American baby conceived via *in vitro* fertilization; she was the first test tube baby.

1985: The gorilla

1985: Ricky Nelson

1988: Lockerbie

1992: John Major

2000: Al Gore

2001: The bomb was hidden in his shoe.

2006: Saddam Hussein of Iraq.