



THE STORY OF THE 4TH OF JULY...

In the days before the United States, the country was in a constant state of disarray. Trying and failing on the congruent decisions on what was best for the young country. On one side, you had individuals who wanted to stay under the Crown's authority because it is what they knew and trusted. On the other hand, another party of individuals wanted to form a new version of government in order to escape imperial control. The British found out about this move towards independence and because of this, the Crown felt threatened as the "New World" was their discovery... according to the Brits.

In response to this new revolt, the British decided to send over a military force to curb this movement towards independence. News of this show of force caught the ears of the Colonial people. Quickly, they banded together in an effort to drive out the "invaders". This action is what sparked the idea of the American Revolution (A.K.A. "The War of Independence"), a war that ended up spanning 7 years. Near the end of the war, the colonial delegates who formed the government and a meeting took place on July 2nd, 1776. At the meeting, it was agreed that the American Colonies would be independent from England and any other country who tried to lay claim to their land. Two days later, on July 4th, 1776, the Declaration of Independence was drafted. A document drafted by none other than Thomas Jefferson.



From that fateful day in 1776, festivities have ranged from parades, fireworks, and even concerts in an effort to celebrate that new-found freedom. Those festivities still continue to this day. Franklin D. Roosevelt decided along with other members of Congress in 1941, that the July the 4th would be nationally recognized as a federal holiday.



July 2024 Movie Schedule

Week 1	Run Time	July 5 th – July 11 th	Rating	Movie Start / Repeat Times	
Ch. 14*	Loop	Lost Season 2, Disc 5 (episode 4)	TV-MA	1:30 pm	6:00 pm
		Lost Season 2, Disc 6 (episode 1-3)			
		Banshee Season 2, Disc 3 (3 eps)			
Ch. 15	1:47	Bob Marley: One Love	PG-13	1:30 pm	6:00 pm
	1:54	Scream 2022	R		
Ch. 17*	Loop	The Magicians Season 3, Disc 1-2 (4 / 3 eps)	TV-MA	1:30 pm	6:00 pm
	Loop	True Detective: Night Country, Disc 1 (2 eps)			
Week 2	Run Time	July 12 th – July 18 th	Rating	Movie Start / Repeat Times	
Ch. 14*	Loop	Lost Season 2, Disc 6 (episode 4)	TV-MA	1:30 pm	6:00 pm
		Lost Season 3, Disc 1 (episode 1-3)			
		Banshee Season 2, Disc 4 (2 eps)			
Ch. 15	2:12	The Iron Claw	R	1:30 pm	6:00 pm
	1:39	Drag Me to Hell	PG-13		
Ch. 17*	Loop	Harley Quinn Season 1, Disc 1-2 (7 / 6 eps)	TV-MA	1:30 pm	6:00 pm
		His Dark Materials Season 1, Disc 1 (3 eps)			
Week 3	Run Time	July 19 th – July 25 th	Rating	Movie Start / Repeat Times	
Ch. 14*	Loop	Lost Season 3, Disc 1 (episode 4)	TV-MA	1:30 pm	6:00 pm
		Lost Season 3, Disc 2 (episode 1-3)			
		Banshee Season 3, Disc 1 (2 eps)			
Ch. 15	1:44	Imaginary	PG-13	1:30 pm	6:00 pm
	2:33	Amores Perros	R		
Ch. 17*	Loop	The Magicians Season 3, Disc 3-4 (3 / 3 eps)	TV-MA	1:30 pm	6:00 pm
		True Detective Night Country, Disc 2 (2 Eps)			
Week 4	Run Time	July 26 th – August 1 st	Rating	Movie Start / Repeat Times	
Ch. 14*	Loop	Lost Season 3, Disc 2 (episode 4)	TV-MA	1:30 pm	6:00 pm
		Lost Season 3, Disc 3 (episode 1-3)			
		Banshee Season 3, Disc 2 (3 eps)			
Ch. 15	1:45	The Beekeeper	R	1:30 pm	6:00 pm
	1:40	Mama	PG-13		
Ch. 17*	Loop	Harley Quinn Season 2, Disc 1-2 (7 / 6 eps)	TV-MA	1:30 pm	6:00 pm
		His Dark Materials Season 1, Disc 2 (3 eps)			

FROM THE RECREATION DEPARTMENT

MOVIE QUESTIONS AND ANSWERS

1. Question: Why do the movies sometimes stop on a menu screen or loop a preview/behind the scenes video?

Answer: Each DVD is configured according to a studio's unique specifications; no two DVDs are alike (even ones from the same series), so each has distinct formatting and programming. This means there is no "standard" setting we can use when we play a new movie or series. We learn as we go.

2. Question: Why do our TVs lose a movie channel?

Answer: The DVD players send their signal through a Coax device which is how it gets to your television. If that signal is interrupted or lost (say, by a loss or interruption of power) that device must be re-tuned, usually by someone from the physical plant, which may take a day or two.

3. Question: Why do our programs not start exactly at 1:30 and 6:00 PM?

Answer: We try to start on time whenever possible, but there are a few things that can interfere with this. The first is that on Mondays, Wednesdays, and Fridays, we clean each player in use. This is done to insure the best viewing possible and to reduce the chance of a malfunction later. The second reason is that we are dependent on staff to access the players. In the evenings and on weekends this can be difficult for a variety of reasons, but mostly due to the institutions current staff shortage. Please know that we, and staff try to hit those start times whenever possible.

We hope this helps answer some of the most frequent questions we have received since the program was moved in from minimum. As long as we are using DVD players, there are going to be issues that will interfere with viewing. We realize that it can be frustrating when things go wrong, but please understand that our goal is to address these issues as quickly and as effectively as possible to ensure that you all have the best viewing experience possible.

Upcoming PSC & TRAC Events

- **Crossfit Championship (level 3): July 1st @ Unit 13**
- **Ice Cream Soiree (TRAC Participants): July 8th – July 12th**
- **TEKKEN 7 Tournament (TRAC Participants): July 22nd**
- **BBQ Burger Meal (level 3): August 4th (Sign up by July 5th)**
- **Cornhole Tournament (level 3): August 12th – 26th**

RECREATION CORNHOLE EVENT

Event Details

Team Cornhole event

- Each 1st place winning team from all 6 incentive units will go on to play in the final tournament at T.R.A.C.
- All teams will have two weeks to complete their on-unit games before the tournament
- Recreation department will provide individuals on-unit brackets for all registered teams

Finalist prizes: The prizes will be for the 1st & 2nd place tournament finalists only

1st place: 1 bag of Chips and Soda per individual

2nd place: 1 Box of Donuts and 1 Milk per individual

On-Unit Tournament Rules:

Each game will follow the standard Cornhole rules (sent to participants)

- Single elimination format
- Only registered teams can play

On-Unit Dates:

August 12th – August 26th

Championship Event:

September 12th

Who Can Participate:

Incentive Unit Level 3 AIC's only

How to Sign-Up:

Please send kyte's to sign up by **THURSDAY, AUGUST 1ST**

To: TRAC with both team members names & SID#'s

Any kyte's received after August 1st will be disregarded



TO: All Adults in Custody
FROM: Oregon Department of Corrections (ODOC) Health Services
DATE: July 1, 2024
RE: Electronic Health Records (EHR)

Health Information Exchanges (HIEs): Connecting the Dots in Healthcare

Health information exchanges (HIEs) are important because they help healthcare providers, both inside and outside of our institutions, securely share important information about your health if you should need medical care.

What is a Health Information Exchange (HIE)?

A Health Information Exchange (HIE) is like a digital bridge that connects different healthcare providers and systems.

How Do HIEs Work?

Sharing Data: When you have a healthcare visit, your medical info is put into an electronic file. This file lives in your electronic health record (EHR) which keeps track of everything, from your allergies to your latest checkup.

1. **Secure Access:** Only authorized healthcare providers can access this information; and your health history is safely stored.
2. **Benefits:** HIEs help your healthcare providers avoid mistakes, like giving you a medicine you're allergic to. They also save time—no more faxing or calling for records!

Why Are HIEs Important?

1. **Quality Boost:** HIEs improve healthcare quality. Your healthcare providers see your full story, not just a chapter.
2. **Efficiency:** Less paperwork means more time for patient care.
3. **Other Benefit:** HIEs help to share your health info with the right people, like providers outside of the institution when you are released.

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 5/17/2024.

PROPOSED RULES:

291-124 Health Services (Doula Services)

- Adopts rule to establish the doula program for pregnant and postpartum adults in custody at Coffee Creek Correctional Facility per HB2535 (2023).
- Last day of comment period: 8/2/24 at 5:00 PM

291-124 Health Services (DME)

- Amends rule to update how and when the department will pay for the acquisition, maintenance, and repair of certain types of durable medical equipment (DME), including eyeglasses and hearing aids, when that type of DME is necessary for an adult in custody (AIC) to access department programs, services, or activities (PSAs). The proposed changes include reorganization of some of the Health Services rules for clarity and ease of use.
- Last day of comment period: 8/9/24 at 5:00 PM

TEMPORARY RULES

291-105 Prohibited Conduct and Processing Disciplinary Actions

- Amends rule to add loss of privileges sanctions of greater than 29 days to adjustments to final orders and to change Exhibit 1 increasing loss of privileges sanctions.
- Effective: 06/01/2024 through 11/27/2024

291-124 Health Services

- Adopts rule to establish the doula program for pregnant and postpartum adults in custody at Coffee Creek Correctional Facility per HB2535 (2023).
- Effective: 06/13/2024 through 12/09/2024



Deep Thoughts with Cambell

On the mountains of truth, you can never climb in vain: either you will reach a point higher up today, or you will be training your powers so that you will be able to climb higher tomorrow.

- Friedrich Nietzsche

The only way to make sense out of change is to plunge into it, move with it, and join the dance.

- Alan Watts

If you don't know where you are going, any road will get you there.

- Lewis Carroll

I love those who can smile in trouble, who can gather strength from distress, and grow brave by reflection. 'Tis the business of little minds to shrink, but they whose heart is firm, and whose conscience approves their conduct, will pursue their principles unto death.

- Leonardo da Vinci

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.

- Khalil Gibran

When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.

- Peter Marshall

Rudeness is a weak imitation of strength.

- Eric Hoffer

Heroism is endurance for one moment more.

- George F. Kennan



Garrett's Monthly Inspiration



"DON'T WORRY
ABOUT FAILURE.
WORRY ABOUT THE
CHANCES YOU MISS
WHEN YOU DON'T
EVEN TRY."

- Sherman Finesilver