



Warner Creek Trails

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

JULY 2024

WARNER CREEK TRAILS

VOLUME 24 ISSUE 7



July Zodiac Signs

July's zodiac signs are **Cancer** (June 21 to July 22) and **Leo** (July 23 to August 22).

WINNING WORDS:

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead." - Roald Dahl

The Month of July

July is named after Roman dictator Julius Caesar (100 B.C. – 44 B.C.). Caesar developed the precursor to the Gregorian calendar we use today.

July Calendar

July 1 is **Canada Day**, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.

July 3 brings the start of the hot and sultry **Dog Days of Summer!**

July 4 is **Independence Day (U.S.)**. On the fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. Don't forget to raise the flag!

July 7 marks **Islamic New Year**, which begins with the first sighting of the crescent Moon after the new Moon in the month of Muharram. This event signals the start of the Islamic lunar calendar year.

July 14 is **Bastille Day**, which commemorates the storming of the Bastille and the start of the French Revolution.



“Just for Fun” Days

- **July 11:** International Town Criers Day
- **July 17:** National Hot Dog Day
- **July 22:** Spooner’s Day
- **July 23:** National Day of the Cowboy
- **July 27:** Take Your Houseplants for a Walk Day
- **July 30:** National Cheesecake Day



July Astronomy

The Buck Moon

July’s full Moon, the Full Buck Moon, occurs on Monday, July 21. It reaches peak illumination at 6:17 A.M. (EDT), rising above the horizon after sunrise—but it will still be spectacular in the night sky. Find out why it’s called the Buck Moon!

July’s Moon Phases

New Moon: July 5, 6:57 P.M. EDT

First Quarter: July 13, 6:49 P.M. EDT

Full Moon: July 21, 6:17 A.M. EDT

Last Quarter: July 27, 10:52 P.M. EDT

Other Astronomy Highlights

July 5 is the time of aphelion when Earth is the farthest it will get from the Sun for the entire year—specifically, we’ll be 94,506,364 miles away from our bright star!

Another highlight of the July sky is the “Summer Triangle.”

Folklore for the Season

- Ne'er trust a July sky.
- If ant hills are high in July, the coming winter will be hard.
- As July, so next January.
- No tempest, good July, Lest the corn look ruely.

Whatever July and August do not boil, September can not fry.

July Birth Flower

July's birth flowers are the **larkspur** and **water lily**.

The Larkspur, especially white forms, generally indicates lightheartedness; pink, fickleness; purple, first love.

The water lily symbolizes purity of heart.



July Birthstone

The July birthstone is the ruby, which is believed to protect its wearer from evil.

- “Ruby” is derived from the Latin *rubeus*, which means “red.”
- This gem is a red form of corundum; all other colors are sapphires. The ruby's color is due to the presence of chromium, which also makes the gem subject to cracks. High-quality rubies are transparent, vibrant, purplish red; cloudier samples, or ones containing brown, orange, or pink tones, are less valuable. Many rubies nowadays are heat-treated to improve color saturation and transparency.
- The ruby, along with the related sapphire, is the second hardest natural gemstone, with only the diamond being harder.
- The gem was once thought to protect warriors if worn on their armor or embedded in their skin.

Considered the king of gems, the ruby symbolizes love, passion, energy, and success.

JULY

2024

EDUCATION DATES:

1ST - 8TH NO SCHOOL SUMMER BREAK

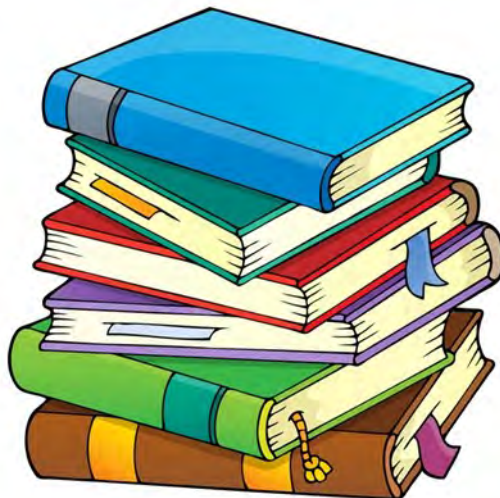
**9TH BEGINNING OF SUMMER TERM CLASS
STARTS**

16TH AND 18TH GED TESTING

NO SCHOOL ON FRIDAYS

12TH, 19TH, 26TH

30TH GED TESTING



Graduates for the Month of June

2024:

Odilon Alvarez-Flores

Angel Ayala,

Jose M. Contreras Gomez,

Samuel Gallardo-Perez

Michael Uanno

Congratulate These Men On their Accomplishment!!



Education Library Book of the Month

213.HEB.01.001 – Dune: House Atreides

*The prelude to **Dune**—where we step onto planet Arrakis...decades before **Dune's** hero, Paul Muad'Dib Atreides, walks its sands...An aging tyrant sits on the Golden Lion Throne and rules all of the known universe, while his son grows dangerously impatient for the crown. A quasi-religious order of black-robed women move their secret breeding program one momentous step closer to creating a god-child they call Kwisatz Haderach. And a minor family among nobility, House Atreides, chooses a course of honor that will bring it to destruction at the hands of its mortal enemy, House Harkonnen—or take it to new heights of power...*

INDEPENDENT STUDY OF THE MONTH

Algebra I

Part one of a two-part independent study course that covers subjects including Linear Equations, Polynomials, The Pythagorean Theorem, Rational Expressions, Factoring, and Pattern Recognition.



MR. HASSARD -

July Knews & Knowts

Immigrants and Imports / Emigrants and Exports / Supply and Demand

“I” is for “in” - and immigrants and imports come into a country.

“E” is for “exit” - and emigrants and exports leave a country. When tiny Europe was “too” full of people in the 1800s, many countries had “emigration” societies, designed to get rid of their poorest and worst people. Since the destinations (colonies) didn’t have walls yet, America got many of Europe’s poorest and worst...and maybe it still shows.

Borders are where rules change. Many rules today are about increasing imports/exports and reducing immigration/emigration: Free the movement of stuff (and money), while regulating the movement/freedom of people (to reduce their chances of earning any more of that money).

SUPPLY - Walls are meant to keep people out, not stuff. Drugs cross our border because lots of American-made guns, acquired illegally from Americans who don’t care, crossed in the other direction first. Drugs and immigrants represent supply and demand: Some Americans with money demand illegal drugs, so a supply emerges. Some American business owners demand cheap, tax free, illegal labor at their businesses, so a supply emerges.

DEMAND - Capitalism says “supply and demand” is how the economy works, so why not go after the *demand* for illegal labor instead of the supply of it? Capitalism says that if there’s a demand for something and the supply goes away, another supplier will emerge, but if the demand goes away, so do the suppliers. Arrest and punish the owners of the chicken plants or orchards hiring the undocumented and then see what happens.

OUTSOURCED – Outsourcing is moving production from America to a poorer country. It's the result of the demand for higher profits, not of the benefits of a cheap supply of mostly unnecessary stuff. We do want cheap stuff and apparently are willing to let sweat shop production and most profits remain outside of America, as long as the plastic crap is cheap. Moving production to poor countries reduces costs, increasing profits, which become more important than the life of the unemployed American factory worker and the resulting reduction of the tax base, otherwise it wouldn't happen...We've let laws prioritize profits over people.

OFFSHORE - "Offshore banking" is when wealthy Americans keep their money in foreign banks to avoid paying American taxes, even though the taxes pay for the military that assures the safety and low risk of their overseas investments. American access to resources in other countries is what represents freedom, not the laws of the country for the people living there.

TARIFF – Tariffs are taxes on imports. The tax is paid by the importer, not the country it came from. Tariffs on Chinese imports are paid by the American importer, not the Chinese. You can't tax other countries, and if you're a free trade capitalist, you wouldn't want to increase taxes on your domestic businesses just to punish them, at least not without being a hypocrite capitalist.

SUBSIDY – Defined as "government assistance" – just like welfare. The difference is that a "subsidy" goes to people who already have property while welfare goes to people who don't, and that's it. They're both socialist. It's just that a subsidy is socialism for wealthy people and welfare is socialism for poor people. Lots of wealthy people receive big subsidies, which means there's lots of socialism in America, mostly benefitting those who already have money.

“YOU GOTTA KEEP ‘EM SEPARATED!”

Show me a 50-foot wall and I’ll show you a 51-foot ladder – Homeland Security China, Berlin and a Roman Emperor named Hadrian all built famous walls. None of them lasted as borders. China’s wall has been hundreds of miles inside of China for centuries, which is the only way it could be a tourist attraction in China. Berlin’s wall lasted almost 50 years, and the two sides are re-united, so was it worth the effort? Hadrian’s wall is almost the border between England and Scotland, two places that are technically the same country...And Israel built a wall that they’ve already crossed. Mexico is one of our top trade partners so any obstructions on our border aren’t meant to stop the trade, just the people: Rules that free the economy and regulate the people. Outsourcing happens when we don’t let the people go to where the jobs are, so the jobs that can be moved get moved to where the cheap labor is. This assures the “losers” in capitalist competition are the workers with few options, not the owners with many.





Website:

We believe in you!

Preparing Your Journey

Review the boxes and add any resources you need not already listed on the lines below.

- ☐ Documents:
 - ☐ Birth Certificate
 - ☐ ID Card/License
 - ☐ Social Security Card
- ☐ Job Training & Education
 - ☐ Resume
- ☐ Stable, Safe Housing
 - ☐ Healthcare
- ☐ Medicaid/Oregon Health Plan
 - ☐ Primary Care Doctor
 - ☐ Therapy
 - ☐ Sobriety Support
 - ☐ Transportation
- ☐ Resolving Legal Issues
 - ☐ Reconnecting with Child(ren)
 - ☐ Other

What are your personal goals?

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ _____

- ☐ Does my conviction(s) qualify for earned discharge, and if yes, what do I need to do to ensure I'm able to complete my supervision early?

What is the Earned Discharge Program?

After reaching the halfway point in your community supervision, if you qualify, you'll have an opportunity to have your supervision reviewed & possibly end your supervision early!

Earned Discharge Completion Checklist

- ☐ Active/completed treatment as determined by PO & supervision conditions
- ☐ Complete 50% of supervision time
- ☐ Completing case plan goals
- ☐ Restitution paid in full or establish and remain current on an approved payment plan
- ☐ No new convictions during supervision
- ☐ Sanction/violation free for 6 months prior to case review

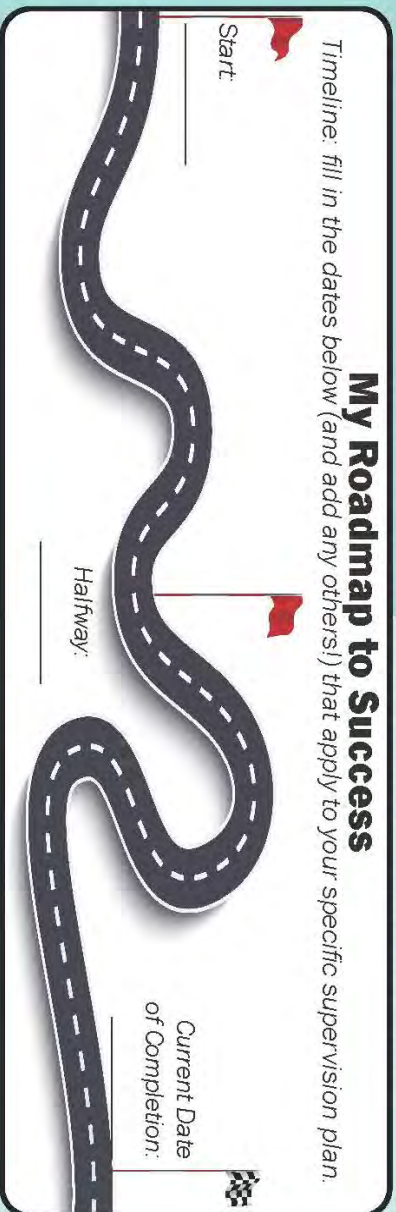
My Roadmap to Success

Timeline: fill in the dates below (and add any others!) that apply to your specific supervision plan.

Start

Halfway

Current Date of Completion:



Work Release Programs

OAR 291-149

What is the Work Release program at WCCF?



OCE offers a work release program to qualifying AICs housed at WCCF through an agreement with Pacific Pine, a custom door manufacturing company located in Lakeview. Positions that may be available include pre-hang craftsman, machine operator, and production worker. AICs enrolled in work release are transported to Pacific Pine to work for the day and transported back to WCCF at the close of the day.

Who is eligible to participate?

Basic eligibility criteria include:

- Be serving a sentence that does not disqualify from a work release program

- Classified as minimum custody

- Meet criteria for “unfenced” work assignment

- Be within 18 months of release

- Order of the sentencing court as directed in the judgement

How will I know if I am eligible?

AICs meeting the basic criteria are identified by Correctional Services staff and offered the opportunity to express interest. Qualifying individuals and their case plans are reviewed by MDT. Those identified as eligible for the program are referred to OCE for selection. All OCE work release program enrollees go through an “onboarding” process prior to commencement of work.

WCCF Outgoing Mail Process



Day 1

AIC mail is picked up at 7:00 am each morning and taken to mailroom for processing.

Day 1

AIC mail is taken to post office at 10:30 am daily.

Day 2

The mail is picked up from the post office at 8:00 am the following day.

Day 2

The mail is then transported to Portland, stopping at several locations on the way, arriving approximately 12-16 hours later

Day 3

The mail is processed (postmarked) and sent to addressee via local post offices.

AIC Message

Changes to the Loss of Privilege (LOP) Rule

Since January of 2023, the Department of Corrections (DOC) has seen an increase in violent offenses carried out by adults in custody (AICs). In an effort to change this trend, beginning June 1, 2024, changes to the Prohibited Conduct and Processing Disciplinary Actions rule (OAR 291-105), and the Major Violations Grid will take effect. If you commit a major violation, your loss of privileges time may be extended.

In Summary:

The maximum Loss of Privileges (LOP) for *level one* violations increases from 28 days to 60 days. The maximum sanction for *level two* violations increases from 28 days to 45 days. These changes may affect the time needed to be eligible for the next incentive level.

Examples (in accordance with DOC administrative rule, (OAR 291-077-0035, Appendix B):

In order to move from level 1 to level 2 incentives, you will be required to have:

- 180 days in a row without a major misconduct, AND
90 days in a row without a program fail.

In order to be eligible to move from level 2 to level 3 you will be required to have:

- An additional 365 days without a major misconduct, AND
90 days without a program fail.

All disciplinary sanctions need to be completed before an AIC can begin to earn the next higher incentive level.





TO: ALL ADULTS IN CUSTODY
 FROM: HEALTH SERVICES
 RE: EHR PROJECT
 DATE: JUNE 1, 2024

When you visit your health services providers, sometimes they use short words and or a couple of letters that you may see or hear but don't know what they mean. They use these shortcuts to help them work faster and communicate better.

As the Health Services Division gets closer to using the new Electronic Health Records (EHR) system, we want to review the meaning of some medical abbreviations.

Here are some common medical abbreviations:

ABBREVIATION	MEANING	INFORMATION
BP	Blood Pressure	The force of your blood pushing against the walls of your arteries.
HR	Heart Rate	The number of times your heart beats in one minute.
SpO2	Blood Oxygen Saturation	A measurement of how much oxygen your blood is carrying.
NPO	Nothing by mouth	Instructions given to not eat or drink the evening before a blood draw.
A1c	Hemoglobin A1c	A blood test that measures average blood sugar levels over a 3-month period.

Here are some abbreviations sometimes used in EHRs:

ABBREVIATION	MEANING	INFORMATION
HIE	Health Information Exchange	HIEs help to facilitate the exchange of data between EHRs
EMAR	Electronic Medication Administration Record	Part of the EHR where we record the medication you are given.
CDS	Clinical Decision Support	Built into the EHR, this tool assists your healthcare provider in making informed decisions about your health.
CPOE	Computerized Provider Order Entry	A provider uses this in the EHR to electronically order treatment services (such as medication or labs) instead of writing the orders on paper.

Knowing some of these abbreviations can help you feel more confident during healthcare visits and stay involved in your own health.

Remember, you can always ask your health provider questions about terms and abbreviations you don't understand!



PARA: TODOS LOS ADULTOS BAJO CUSTODIA
DE: SERVICIOS DE SALUD
Asunto: PROYECTO DE EHR
FECHA: 1.º DE JUNIO DE 2024

Cuando visita a sus proveedores de servicios de salud, a veces estos utilizan palabras cortas o un par de letras que usted puede ver o escuchar, pero no conoce su significado. Los proveedores usan estas abreviaturas para poder trabajar con mayor rapidez y comunicarse mejor.

A medida que la División de Servicios de Salud se acerca al uso del nuevo sistema de Registros Electrónicos de Salud (EHR, por sus siglas en inglés), queremos repasar el significado de algunas abreviaturas médicas.

A continuación, se encuentran algunas abreviaciones médicas comunes:

ABREVIATURA	SIGNIFICADO	INFORMACIÓN
BP	Siglas en inglés de "presión arterial" (Blood Pressure)	La fuerza de la sangre que empuja contra las paredes de sus arterias.
HR	Siglas en inglés de "ritmo cardíaco" (Heart Rate)	El número de veces que su corazón late en un minuto.
SpO2	Saturación de oxígeno en la sangre (Blood Oxygen Saturation)	La medida para la cantidad de oxígeno que usted lleva en la sangre
NPO	Siglas en inglés de "Nada por vía oral" (Nothing by mouth)	Instrucciones que se dan para indicar que no debe comer o beber la noche anterior a una extracción de sangre.
A1c	A1c de hemoglobina (Hemoglobin A1c)	Un análisis de sangre que mide los niveles promedio de azúcar en la sangre durante un periodo de 3 meses.

A continuación se encuentran algunas abreviaturas que a veces se utilizan en el sistema de EHR:

ABREVIATURA	SIGNIFICADO	INFORMACIÓN
HIE	Siglas en inglés de "Intercambio de información de salud" (Health Information Exchange)	El HIE ayuda a facilitar el intercambio de datos entre los sistemas de EHR.
EMAR	Siglas en inglés de "Registro Electrónico de Administración de Medicamentos" (Electronic Medication Administration Record)	Parte del EHR donde registramos el medicamento que le han recetado.
CDS	Siglas en inglés de "Apoyo para la toma de decisiones clínicas" (Clinical Decision Support)	Integrado en el EHR, esta herramienta ayuda a su proveedor de atención de salud a tomar decisiones informadas sobre su salud.
CPOE	Siglas en inglés de "Entrada Computarizada de Órdenes de Proveedores" (Computerized Provider Order Entry)	Un proveedor utiliza esto en el EHR para ordenar servicios de tratamiento de manera electrónica (por ejemplo, medicamentos o análisis de laboratorio), en lugar de escribir las órdenes en papel.

Conocer algunas de estas abreviaturas puede ayudarle a sentir más seguridad durante las consultas de atención médica y a comprometerse con su propia salud.

¡Recuerde que siempre puede hacerle preguntas a su proveedor de salud sobre los términos y las abreviaturas que no entienda!

AA/NA PRESENTS: NESQUIK SYRUPS

CHECK OUT THIS EXCLUSIVE ITEM ONLY
AVAILABLE THROUGH CANTEEN FUNDRAISERS



SALES WILL BEGIN 7/15/2024

SALE ENDS 8/01/2024

FUNDS WILL BE WITHDRAWN FROM THE AUGUST PRAS AWARDS

*SYRUPS WILL ONLY BE SOLD IN COMBO PACK CONTAINING BOTH
FLAVORS*

*SYRUPS SHOWN ABOVE ARE EXAMPLES AND ACTUAL PACKING MAY
DIFFER*

LAW LIBRARY

UPDATES

Legal mail

All legal mail will now be handed out by R&D in the evenings.

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

Law Library will be closed JULY 4th & 5th

Call out codes for the Law Library

Abbreviation in	Meaning of Abbreviation
DR	Desk Research
TC	Research/Word Processing
LA	Legal Assistant
MO	Mail Out
N	Notary
F	Forms
A/V	Review CDs of discovery
C	Copies
Box	Legal Boxes
MISC	Miscellaneous
MU	Make Up (will have service scheduled following. For example: MU, MO, C)



WHAT IS LEGAL MAIL AND WHAT IS NOT!

OAR 291-131-0030

Examination/Inspection of Legal and Official Mail

(1) Legal or official mail shall be afforded special processing as provided in subsections (2) and (3) of this rule.

(a)

To qualify for special processing, mail that otherwise qualifies as legal or official mail under OAR 291 131 0010 (14) or (18) must have affixed to the addressee side of the envelope or parcel the words “LEGAL MAIL” or “OFFICIAL MAIL”, as appropriate. The “LEGAL MAIL” or “OFFICIAL MAIL” designation should be set apart from both the return address and the mailing address, and should be of sufficient size, to permit easy recognition by facility mailroom employees.

(b)

Mail that otherwise qualifies as legal and official mail but lacks the proper designation shall be processed as ordinary mail (shall be subject to inspection; for example, opening, examination, reading or photocopying) outside the inmate’s presence.

(2)

Legal and official mail sent from or received in a Department of Corrections facility in sealed envelopes or parcels shall be opened and examined for contraband in the presence of the inmate, but shall not be read or photocopied, except as authorized in subsection (3) of this rule.

(3)

Legal and official mail may be inspected (i.e., opened, examined, read or photocopied) outside of the inmate’s presence only when directed by the Department of Corrections facility functional unit manager or designee, and approved by the Assistant Director of Operations or the Inspector General, based on specific circumstances or specific information indicating that an inmate or other person has or may be in the process of violating provisions of law, department administrative rules, or may otherwise be engaged in activity that threatens or impairs the security, good order, or discipline of the facility and officials, staff, or inmates.

The next food handlers test is JULY 11TH!!

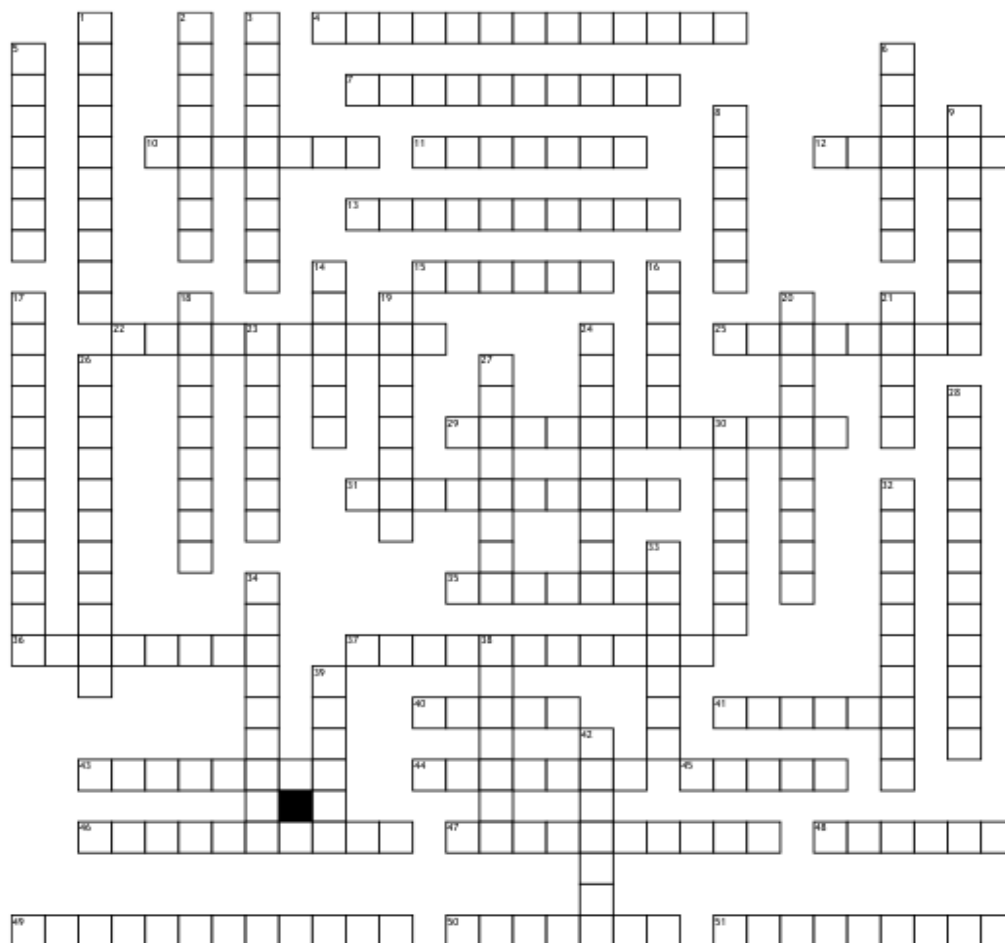
Please Kyte Ms. S. Snyder

to be added to the list if you need to take this test.



Name: _____ Date: _____

State Capitals

**Across**

4. Show Me State
 7. Silver State
 10. Magnolia State
 11. Land of Enchantment
 12. Lone Star State
 13. Golden State
 15. Empire State
 22. Mountain State
 25. Constitution State
 29. Hoosier State
 31. Natural State
 35. Pine Tree State
 36. Buckeye State
 37. Sunshine State
 40. Beaver State
 41. The Mount Rushmore State
 43. Equality State
 44. Granite State
 45. Gem State

46. Keystone State
 47. Sugar State
 48. Treasure State
 49. Beehive State
 50. Grand Canyon State
 51. Volunteer State

Down

1. Green Mountain State
 2. Flickertail State
 3. Bluegrass State
 5. Badger State
 6. Great Lake State
 8. Centennial State
 9. The Old Dominion
 14. Bay State
 16. Sunflower State
 17. Yankee States
 18. North Star State
 19. Palmetto State
 20. Ocean State

21. First State
 23. Cornhusker State
 24. Free State
 26. Prairie State
 27. Aloha State
 28. Sooner State
 30. Evergreen State
 32. Cotton State
 33. Tar Heel State
 34. Hawkeye State
 38. Peach State
 39. The Last Frontier
 42. Garden State

Word Bank

Lansing	Hartford	Little Rock	Jackson	Baton Rouge	Cheyenne	Atlanta	Tallahassee
Montpelier	Denver	Topeka	Austin	Montgomery	Madison	Frankfort	Helena
Charleston	Columbia	Olympia	Juneau	Richmond	Providence	Albany	Columbus
Pierre	Salt Lake City	Santa Fe	Boston	Dover	Concord	Trenton	Augusta
Sacramento	Des Moines	Honolulu	Oklahoma City	Boise	Raleigh	Harrisburg	Nashville
Springfield	Washington DC	Phoenix	Bismarck	Jefferson City	Carson City	Indianapolis	Saint Paul
Salem	Annapolis	Lincoln					

VETERANS SERVICES

Mr. Pereyra the Lake County Veterans Service Officer has offered to come in and meet with any veterans in need of help or resources from Veterans Services.

To be added to a call out kyte Ms. B Havely in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.

**VA**

U.S. Department
of Veterans Affairs

Have a drug or alcohol problem?

Looking for a solution?

Come Join us!

Sunday/ Monday

6-7 pm

AA/NA

Kyte

Ms. Carpenter

to be added to the call outs





Financial Services

Informational Briefing

Court Ordered Financial Obligations (COFOs)

What are Court Ordered Financial Obligations (COFOs)?

COFOs are financial obligations owed by an Adult in Custody (AIC) assigned during a legal proceeding. COFOs may consist of restitution, fines, fees, child support, or civil judgments including money owed to a victim. *Note: COFOs are not the same as County and U.S. Court Filing Fees.*

Why does the Department of Corrections (DOC) collect COFOs?

Oregon Revised Statute (ORS) 423.105 became law in 2017, directing DOC to collect COFOs on behalf of the Oregon Judicial Department (OJD) and the Department of Justice (DOJ).

How are COFOs collected?

COFOs are collected from eligible deposits, or deposits that are not protected from debt and obligation collection. Examples of eligible deposits include AIC performance monetary awards (PRAS) and moneys received from an AIC's family or friends.

10% of each eligible deposit is collected until the AIC's transitional savings has reached \$500. After the AIC's transitional savings has reached \$500, 15% of each eligible deposit is collected for COFOs until those obligations are satisfied.

Who do I contact if I have questions about COFOs?

DOC is unable to provide case-specific information. AICs with questions or concerns about their COFO details should contact OJD/DOJ or the appropriate court of record.



Oregon Judicial Department (OJD)
Business and Fiscal Services Division
Attn: Collections
1163 State St
Salem OR 97301

Department of Justice (DOJ)
Division of Child Support
PO Box 14680
Salem, OR 97309
(800)-850-0228

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.

Physical Plant News

Just an FYI- Physical Plant does not make special trips to go up on the roof to retrieve any kind of balls. When the maintenance specialists go up on the roof to complete needed maintenance, balls will be kicked/thrown down.



Medical Minute

Don't Lose Your Cool In Extreme Heat

Having fun in the sun is just part of summer, but knowing how to keep your cool can keep you safe. Extreme heat can lead to serious conditions such as Heat Stroke, Heat Exhaustion and Sunburn.

Stay safe by following a few simple steps:

Stay Hydrated – drink plenty of water. Drink before you actually feel thirsty to stay hydrated.

Plan Activities- limit activities to cooler times of day; early morning or evening.

Pace Yourself- cut down on strenuous activity during periods of heat. Start slow and rest often.

Avoid Sunburn- wear sunscreen and shade up often. Sunburn causes dehydration; wear a light-weight hat and sunglasses.

Danger Signs:

Fast heartbeat, strong and pounding or light and thready

Headache, dizziness, confusion, fainting

Nausea or vomiting

Excessive sweating or hot dry skin

If you or a friend experience these symptoms, move to a shady, cool area and notify health services.



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



R&D

Clothing Exchange

Use the clothing exchange bags from the bin behind the officer's station. Make sure you get permission from the officer to enter that area. Put what you are exchanging in the bag with the clothing exchange kyte. When filling out clothing kytes, make sure you fill it out completely, front, and back. We don't have time to look up individual information that you should have included. If information is missing the whole bag, kyte and all will be returned to you to complete. Please explain what is wrong with what you are turning in so that the tailors can determine what to do with it. Please include the number of each item you need and what size you want to have returned to you. Please include your unit and bunk as well as job assignment in case we have questions and need to locate you. If you send a clothing kyte through the mail, we will get it after clothing bags are processed and the tags are printed. It will be send sent back to you to so you can put it into a bag. **You are allowed to exchange clothing once every 2 weeks. This doesn't include socks, underwear laundry bags, shower shoes or shoes. For those items we will exchange one for one as needed.**

What we do:

We exchange clothing items one for one. If you need to replace anything from underwear to jackets, you need to turn one in. For underwear if you don't have a pair to exchange you will need to get them from your unit officer who should have a bag of used underwear of various sizes. For socks Please utilize the clothing exchange bags, even if you don't have anything to put into the bag, if you have lost a pair or pairs of socks you will be called down to get used socks to replace them. If you turn in worn out socks or underwear they will be replaced by a new pair and returned in the bag to your unit later that day.

The Foot wear carried by R&D are shoes, boots and shower shoes. If you own shoes or boots you are not allowed to be issued state shoes or boots. We have a few different kinds of boots and you get what you get, we don't have all kinds in all sizes. If you have very odd size feet we will work with you, but only if your feet measure that way. We do not provide "medical shoes" the only odd shoes we have are very wide, again your feet will have to measure as wide.

We are issue TV Covers, once one is issued to you it is your responsibility to take care of it, if it becomes damaged you will not be issued another one and you will be charged for the damage. The TV cover we issue is property of WCCF, it is to be returned if you leave just like clothing and locks.

Mattresses can be exchanged if they are bad. You might not get a NEW mattress, you will get the next available mattress just like clothing. Send a kyte to R&D asking to exchange your mattress. It will be date stamped and processed in the order it was received. There is no such thing as a medical mattress and medical will not get involved in mattress exchange. Please don't bother medical with clothing and bedding issues, they are busy enough with legitimate medical needs. If you refuse the mattress offered you will need to wait another 6 months for another request.

If your ID becomes broken or lost, you need to get a temporary ID from your Unit Officer who will notify R&D that you need a new one. If you have received your ID is less than a year old, or damaged intentionally or through careless use you will be charged \$5.50 to have it replaced

R&D

What we don't do:

We do not repair items you send down and return them to you.

We do not issue medical shoes, medical doesn't authorize special shoes or boots, or any other clothing or R&D items.

We do not issue extra blankets, sheets or pillows.

We don't do special orders such as, a specific color of jeans. We don't have very many "faded" jeans and don't have the time to shuffle through to find just the right pair.

We don't sew new tags on blue shorts, unless you just arrived with blue shorts or just received them from canteen. If your tag is coming lose, please send it in while it is still attached to the shorts so it is obvious that it was sewn in on a machine. Otherwise, shorts without a tag will be confiscated. We don't retag any clothing items. We will only exchange, so if your tag falls off, send in the untagged item and include the size you need it replaced with.

We don't take out your laundry, if you turn in wet or dirty towels or clothing for any reason, it will be sent back to you with a warning. If you continue to send in wet or dirty clothing we will utilize progressive discipline.



Independence Day Sudoku

USA

Fill each row, column, and block with unique numbers from 1 to 9



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

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



4th of July

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

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



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

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



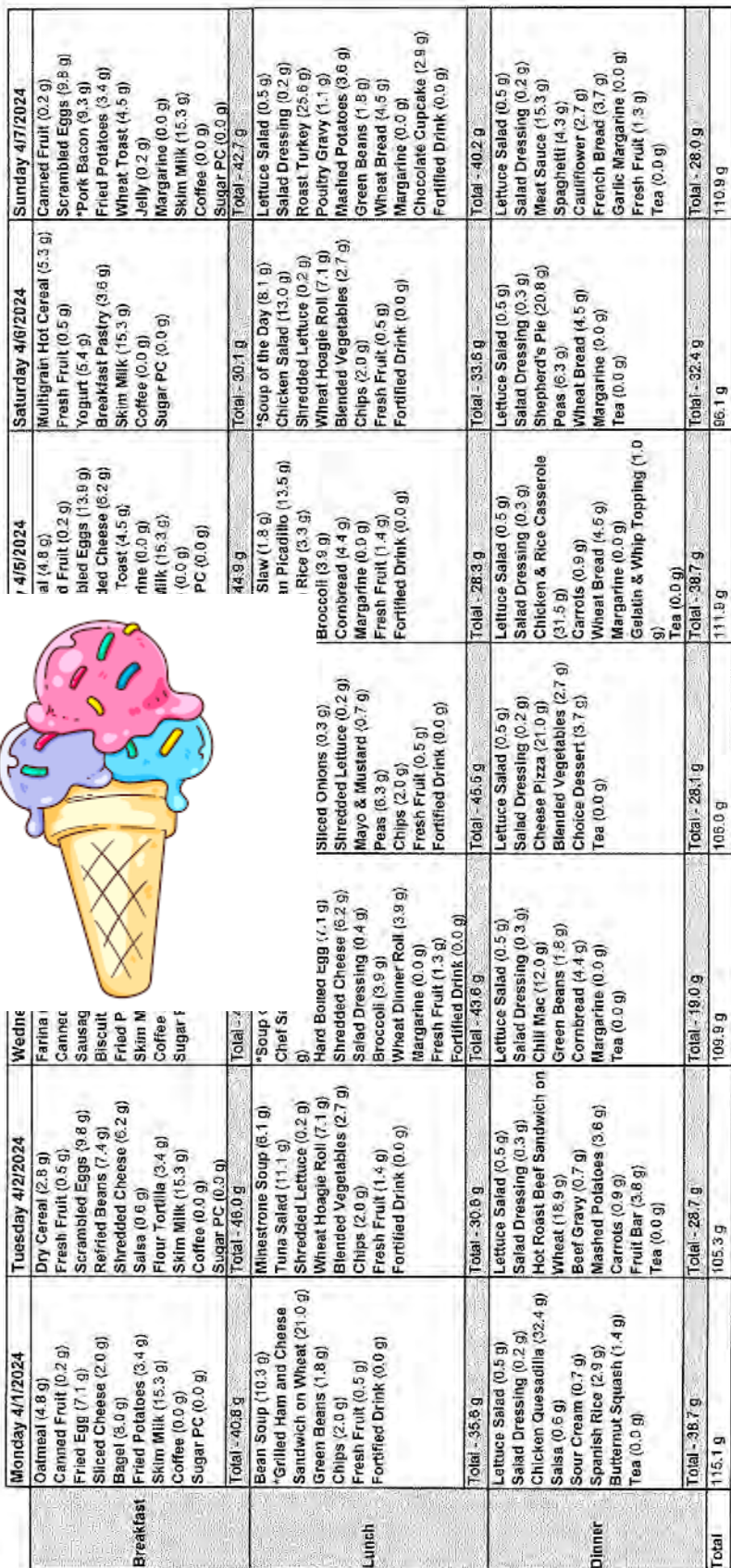
Beeloo





	Monday 3/25/2024	Tuesday 3/26/2024	Wednesday 3/27/2024	Thursday 3/28/2024	Friday 3/29/2024	Saturday 3/30/2024	Sunday 3/31/2024		
Breakfast	Oatmeal (4.8 g) Canned Fruit (0.2 g) Hard Boiled Egg (7.1 g) Pancakes (16.4 g) Maple Syrup (0.0 g) Fried Potatoes (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 43.8 g	Dry Cereal (2.8 g) Fresh Fruit (0.5 g) Fried Egg (14.2 g) Refried Beans (7.4 g) Ranchero Sauce (0.7 g) Flour Tortilla (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 44.3 g	Multigrain Cereal (2.8 g) Canned Fruit (0.2 g) Fried Egg (14.2 g) Sliced English Cakes (16.4 g) English Cakes (16.4 g) Flour Tortilla (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 44.3 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (6.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 33.8 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (6.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 33.8 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Quarter (36.5 g) Mashed Potatoes (3.6 g) Poultry Gravy (1.1 g) Peas (6.3 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Ice Cream Cup (6.0 g) Fortified Drink (0.0 g) Total - 58.1 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	
	Lunch	Tomato Soup (2.4 g) Grilled Cheese Sandwich on Wheat (17.0 g) Green Beans (1.8 g) Chips (2.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 23.7 g	*Soup of the Day (8.1 g) *Barbecue Pork (27.0 g) Wheat Hoagie Roll (7.1 g) Macaroni & Cheese (12.8 g) Broccoli (3.9 g) Fresh Fruit (1.4 g) Fortified Drink (0.0 g) Total - 60.3 g	Taco Soup (2.4 g) Tuna Casserole (17.0 g) Spanish Blend (1.8 g) Tortilla Chips (4.1 g) Salsa (0.6 g) Fresh Fruit (1.3 g) Fortified Drink (0.0 g) Total - 28.5 g	Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 43.7 g	Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 43.7 g	Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 43.7 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Quarter (36.5 g) Mashed Potatoes (3.6 g) Poultry Gravy (1.1 g) Peas (6.3 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Ice Cream Cup (6.0 g) Fortified Drink (0.0 g) Total - 58.1 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Quarter (36.5 g) Mashed Potatoes (3.6 g) Poultry Gravy (1.1 g) Peas (6.3 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Ice Cream Cup (6.0 g) Fortified Drink (0.0 g) Total - 58.1 g
		Dinner	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Salisbury Steak (19.5 g) Mashed Potatoes (3.6 g) Beef Gravy (0.7 g) Peas (6.3 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Tea (0.0 g) Total - 34.7 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Alfredo Sauce (20.6 g) Spaghetti (4.3 g) Carrots (0.9 g) Focaccia Bread (11.9 g) Pudding (3.8 g) Tea (0.0 g) Total - 42.2 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Ranch Style Chili (26.7 g) Baked Potato (3.6 g) Sour Cream (0.7 g) Green Beans (1.8 g) Cornbread (4.4 g) Margarine (0.0 g) Tea (0.0 g) Total - 37.9 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) *Pizza (choice) (30.7 g) Blended Vegetables (2.7 g) Choice Dessert (3.7 g) Tea (0.0 g) Total - 37.8 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Beef Stew (28.4 g) Brown Rice (3.3 g) Cauliflower (2.7 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Choice Cookie (3.1 g) Tea (0.0 g) Total - 40.1 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken & Broccoli Casserole (32.9 g) Carrots (0.9 g) Wheat Bread (4.5 g) Margarine (0.0 g) Tea (0.0 g) Total - 39.0 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken & Broccoli Casserole (32.9 g) Carrots (0.9 g) Wheat Bread (4.5 g) Margarine (0.0 g) Tea (0.0 g) Total - 39.0 g
Total			102.2 g	146.8 g	107.8 g	125.2 g	115.7 g	114.3 g	147.3 g

Week : 1 3/25/2024 : 3/31/2024 - Mainline - Repeat Cycle



Week :2 4/1/2024 : 4/7/2024 - Mainline - Repeat Cycle

ational Facility



	Monday 4/8/2024	Tuesday 4/9/2024	Wednesday 4/10/2024	Thursday 4/11/2024	Friday 4/12/2024	Saturday 4/13/2024	Sunday 4/14/2024
Breakfast	Oatmeal (4.8 g) Canned Fruit (0.2 g) Hard Boiled Egg (7.1 g) Pancakes (16.4 g) Maple Syrup (0.0 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 43.8 g	Dry Cereal (2.8 g) Fresh Fruit (0.5 g) Fried Egg (14.2 g) Refried Beans (7.4 g) Ranchero Sauce (0.7 g) Flour Tortilla (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 44.3 g	Multigrain Cereal (4.8 g) Canned Fruit (0.2 g) Fried Egg (7.1 g) Sliced Canned Fruit (0.2 g) English Muffin (1.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 43.8 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (8.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 33.8 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (8.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 33.8 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g
Lunch	Asian Cabbage Salad (1.6 g) Sweet & Sour Chicken (30.6 g) Brown Rice (3.3 g) Stir-Fry Vegetables (3.9 g) Japanese Milk Roll (5.3 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 45.2 g	*Soup of the Day (8.1 g) Tuna Melt Sandwich on Wheat (16.7 g) Potato Salad (3.7 g) Peas & Carrots (3.6 g) Fresh Fruit (1.4 g) Fortified Drink (0.0 g) Total - 33.5 g	Shredded Lettuce (0.2 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 41.3 g	Shredded Lettuce (0.2 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 41.3 g	Shredded Lettuce (0.2 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 41.3 g	Shredded Lettuce (0.2 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 41.3 g	Shredded Lettuce (0.2 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Broccoli (3.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 41.3 g
Dinner	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Beef Stroganoff (15.6 g) Pasta (4.5 g) Broccoli (3.9 g) Wheat Bread (4.5 g) Margarine (0.0 g) Tea (0.0 g) Total - 29.2 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Turkey & White Bean Chili (32.8 g) Shredded Cheese (6.2 g) Brown Rice (3.3 g) Green Beans (1.8 g) Cornbread (4.4 g) Margarine (0.0 g) Tea (0.0 g) Total - 51.9 g	Canned Fruit (0.2 g) Pork Ham (12.5 g) Fried Egg (14.2 g) O'Brien Potatoes (3.6 g) Biscuit (6.9 g) Margarine (0.0 g) Coffee (0.0 g) Total - 37.4 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Pasta (4.5 g) Blended Vegetables (2.7 g) Choice Dessert (3.7 g) Tea (0.0 g) Total - 27.8 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Turkey Tetrazzini (19.9 g) Green Beans (1.8 g) Wheat Bread (4.5 g) Margarine (0.0 g) Bread Pudding (7.8 g) Tea (0.0 g) Total - 34.8 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Beef Patty (18.1 g) Sliced Cheese (2.0 g) Wheat Burger Bun (7.0 g) Blended Vegetables (2.7 g) Seasoned Potatoes (4.3 g) Ketchup (0.3 g) Tea (0.0 g) Total - 35.2 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Macaroni & Cheese (21.3 g) Cauliflower (2.7 g) Wheat Bread (4.5 g) Margarine (0.0 g) Fresh Fruit (1.3 g) Tea (0.0 g) Total - 30.5 g
Total	118.2 g	129.7 g	109.6 g	122.8 g	123.6 g	108.5 g	127.4 g

Week :3 4/8/2024 : 4/14/2024 - Mainline - Repeat Cycle



	Monday 4/15/2024	Tuesday 4/16/2024	Wed	1/19/2024	Saturday 4/20/2024	Sunday 4/21/2024	
Breakfast	Oatmeal (4.8 g) Canned Fruit (0.2 g) Fried Egg (7.1 g) Sliced Cheese (2.0 g) Bagel (8.0 g) Fried Potatoes (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 40.8 g	Dry Cereal (2.8 g) Fresh Fruit (0.5 g) Scrambled Eggs (9.8 g) Refried Beans (7.4 g) Fried Salsa (0.6 g) Flour Tortilla (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 49.0 g	Farir Canr Saus Bisc Fried Skirr Coffi Sugars Total	(4.8 g) Fruit (0.2 g) led Eggs (13.9 g) d Cheese (6.2 g) oast (4.5 g) ne (0.0 g) lk (15.3 g) C (0.0 g) Total - 30.1 g	Multigrain Hot Cereal (5.3 g) Fresh Fruit (0.5 g) Yogurt (5.4 g) Breakfast Pastry (3.6 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.7 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) *Pork Bacon (9.3 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.7 g	
	Lentil Soup (9.0 g) Chicken Salad (13.0 g) Shredded Lettuce (0.2 g) Wheat Hoagie Roll (7.1 g) Green Beans (1.8 g) Chips (2.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g)	Coleslaw (1.2 g) *Barbeque Pork (27.0 g) Wheat Hoagie Roll (7.1 g) Peas (6.3 g) Seasoned Potatoes (4.3 g) Ketchup (0.1 g) Fresh Fruit (1.4 g) Fortified Drink (0.0 g)	*Sou *Mea on Whea (28.5 g) Sliced Onions (0.3 g) Shredded Lettuce (0.2 g) Mayo & Mustard (0.7 g) Blended Vegetables (2.7 g) Chips (2.0 g) Fresh Fruit (1.3 g) Fortified Drink (0.0 g)	Hard Boiled Egg (7.1 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Peas (6.3 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g)	Seasoned Beans (9.7 g) Shredded Cheese (6.2 g) Salsa (0.6 g) Salad Dressing (0.4 g) Spanish Rice (2.9 g) Tortilla Chips (4.1 g) Fresh Fruit (1.4 g) Fortified Drink (0.0 g)	*Soup of the Day (8.1 g) Breaded Fish (11.0 g) Tartar Sauce (0.2 g) Macaroni & Cheese (12.8 g) Cauliflower (2.7 g) Breadstick (2.9 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g)	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Roast Turkey (25.6 g) Poultry Gravy (1.1 g) Mashed Potatoes (3.6 g) Green Beans (1.8 g) Wheat Bread (4.5 g) Margarine (0.0 g) Chocolate Cupcake (2.9 g) Fortified Drink (0.0 g)
	Total - 33.6 g	Total - 47.4 g	Total - 43.8 g	Total - 43.2 g	Total - 37.5 g	Total - 38.2 g	Total - 40.2 g
	Lunch	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Cajun Meat Loaf (22.1 g) Brown Rice (3.3 g) Butternut Squash (1.4 g) Wheat Bread (4.5 g) Margarine (0.0 g) Tea (0.0 g)	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Tortilla Stew (24.3 g) Lemon Cilantro Rice (4.2 g) Carrots (0.9 g) Tortilla Chips (2.0 g) Sour Cream (0.7 g) Gelatin & Whip Topping (1.0 g) Tea (0.0 g)	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Meat Sauce (15.3 g) Spaghetti (4.3 g) Broccoli (3.9 g) Focaccia Bread (11.9 g) Tea (0.0 g)	Lettuce Salad (0.5 g) Salad Dressing (0.3 g) Chicken Teriyaki (21.8 g) Brown Rice (3.3 g) Wheat Burger Bun (7.0 g) Japanese Milk Roll (5.3 g) Fruit Bar (3.8 g) Tea (0.0 g)	Lettuce Salad (0.5 g) Salad Dressing (0.3 g) Beef Patty (18.1 g) Onions & Pickles (0.3 g) Wheat Burger Bun (7.0 g) Blended Vegetables (2.7 g) Seasoned Potatoes (4.3 g) Ketchup (0.3 g) Tea (0.0 g)	Texas Slaw (1.8 g) Burrito Beans (9.5 g) Shredded Cheese (6.2 g) Spanish Rice (2.9 g) Salsa (0.5 g) Whole Wheat Tortilla (7.2 g) Fresh Fruit (1.3 g) Tea (0.0 g)
Dinner	Total - 32.0 g	Total - 35.8 g	Total - 36.1 g	Total - 28.1 g	Total - 38.9 g	Total - 33.5 g	
Total	106.4 g	127.2 g	127.2 g	103.7 g	121.3 g	112.5 g	



	Monday 4/22/2024	Tuesday 4/23/2024	Wednesday 4/24/2024	Thursday 4/25/2024	Friday 4/26/2024	Saturday 4/27/2024	Sunday 4/28/2024
Breakfast	Oatmeal (4.8 g) Canned Fruit (0.2 g) Hard Boiled Egg (7.1 g) Pancakes (16.4 g) Maple Syrup (0.0 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 43.8 g	Dry Cereal (2.8 g) Fresh Fruit (0.5 g) Fried Egg (7.1 g) Sliced Cheese (2.0 g) English Muffin (8.1 g) Fried Potatoes (3.4 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 39.2 g	Multigrain Cereal (2.8 g) Canned Fruit (0.2 g) Beef Hash (7.1 g) Ketchup (0.0 g) Wheat Toast (4.5 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 43.5 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (6.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	Oatmeal (4.8 g) Fresh Fruit (0.5 g) Hard Boiled Egg (7.1 g) Breakfast Pastry (6.1 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g	Canned Fruit (0.2 g) Scrambled Eggs (9.8 g) Poultry Sausage (9.4 g) Fried Potatoes (3.4 g) Wheat Toast (4.5 g) Jelly (0.2 g) Margarine (0.0 g) Skim Milk (15.3 g) Coffee (0.0 g) Sugar PC (0.0 g) Total - 42.8 g
Lunch	Coleslaw (1.2 g) Hot Dog (10.0 g) Wheat Hoagie Roll (7.1 g) Ketchup (0.1 g) Mustard (0.6 g) Peas (6.3 g) Chips (2.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 27.8 g	*Soup of the Day (8.1 g) Chicken-Lettuce Salad (19.5 g) Sliced Onions (0.3 g) Shredded Cheese (6.2 g) Salad Dressing (0.4 g) Carrots (0.9 g) Wheat Dinner Roll (3.9 g) Margarine (0.0 g) Fresh Fruit (1.4 g) Fortified Drink (0.0 g) Total - 40.7 g	Potato Soup (11.3 g) Tuna Salad (7.4 g) Shredded Cheese (4.2 g) Wheat Hoagie Roll (7.1 g) Blended Vegetables (2.7 g) Chips (2.0 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 31.4 g	Nacho Meat (17.7 g) Refried Beans (7.4 g) Cheese Sauce (4.2 g) Lettuce Salad (0.5 g) Salsa (0.8 g) Tortilla Chips (4.1 g) Corn (4.2 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 39.2 g	Let's Eat (11.3 g) Refried Beans (7.4 g) Cheese Sauce (4.2 g) Lettuce Salad (0.5 g) Salsa (0.8 g) Tortilla Chips (4.1 g) Corn (4.2 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 39.2 g	Let's Eat (11.3 g) Refried Beans (7.4 g) Cheese Sauce (4.2 g) Lettuce Salad (0.5 g) Salsa (0.8 g) Tortilla Chips (4.1 g) Corn (4.2 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 39.2 g	Let's Eat (11.3 g) Refried Beans (7.4 g) Cheese Sauce (4.2 g) Lettuce Salad (0.5 g) Salsa (0.8 g) Tortilla Chips (4.1 g) Corn (4.2 g) Fresh Fruit (0.5 g) Fortified Drink (0.0 g) Total - 39.2 g
Dinner	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Spicy Rice Casserole (18.1 g) Green Beans (1.8 g) Wheat Bread (4.5 g) Margarine (0.0 g) Tea (0.0 g) Total - 25.1 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Sloppy Joe (21.3 g) Wheat Burger Bun (7.0 g) Broccoli (3.9 g) Seasoned Potatoes (4.3 g) Ketchup (0.1 g) Pudding (3.8 g) Tea (0.0 g) Total - 41.2 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Chicken Enchilada (33.6 g) Seasoned Beans (9.7 g) Cornbread (4.4 g) Margarine (0.0 g) Tea (0.0 g) Total - 48.4 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Loco Moco Patty (18.1 g) Fried Egg (7.1 g) Beef Gravy (0.7 g) White Rice (2.9 g) Peas & Carrots (3.6 g) Fruit Crisp (1.8 g) Tea (0.0 g) Total - 35.0 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Turkey Noodle Casserole (24.8 g) Blended Vegetables (2.7 g) Focaccia Bread (11.9 g) Tea (0.0 g) Total - 40.1 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Creole Chicken (24.7 g) Brown Rice Pilaf (3.7 g) Carrots (0.9 g) French Bread (3.7 g) Margarine (0.0 g) Fresh Fruit (1.3 g) Tea (0.0 g) Total - 35.0 g	Lettuce Salad (0.5 g) Salad Dressing (0.2 g) Creole Chicken (24.7 g) Brown Rice Pilaf (3.7 g) Carrots (0.9 g) French Bread (3.7 g) Margarine (0.0 g) Fresh Fruit (1.3 g) Tea (0.0 g) Total - 35.0 g
Total	95.7 g	121.1 g	123.3 g	122.6 g	122.6 g	113.1 g	116.5 g

Week : 5 4/22/2024 : 4/28/2024 - Mainline - Repeat Cycle

SEXUAL ABUSE AND HARASSMENT ARE NEVER OKAY. TELL SOMEONE. GET HELP.

**REPORT BY TELLING ANY STAFF MEMBER OR BY
CALLING THE PREA HOTLINE:**

PICK UP HANDSET,

Make a language selection,

Dial “9” then press “1” to make the call.

(ALL PREA CALLS ARE FREE AND CONFIDENTIAL)



**YOU MAY CALL THE ADVOCATE (SUPPORT) HOTLINE
DIAL *711 FROM any adult in custody (AIC) TELEPHONE**

SEND A LETTER:

**YOU CAN ALSO REPORT (ANONYMOUSLY IF REQUESTED) TO
THE GOVERNOR’S OFFICE OF CONSTITUENT SERVICES AT:**

900 Court St. Suite 254

Salem, OR 97301

Phone: (503) 378-4582

The Oregon Department of Corrections has a **zero tolerance** policy for sexual abuse and sexual harassment. Your family can report on your behalf by contacting the Inspector General’s public hotline at 877-931-0389

Transport, movement, etc.

Transport

An individual can be transferred at any time to another facility for a variety of reasons; mandatory-program availability, medical needs, security or bed space issues, etc. For security reasons, transfers are not announced in advance. We understand the impact of distance on yourself and family/friends and encourage you to take advantage of the communication avenues available such as video calls, electronic messaging, mail and telephone in addition to in person visiting.

The Office of Population management coordinates such transfers and is diligent in attempting to optimize movement to meet the various needs. We appreciate your patience in this matter.

Supervised trip

If there is an immediate need due to qualifying conditions, DOC has a process for temporary transfer requests for a supervised trip. As part of the request for a supervised trip, the AIC agrees to pay for the cost of the trip. AIC can make these requests for a private viewing of an immediate family who has passed away (either before or after a funeral), and/or for visitation with a family member who has been diagnosed with a terminal illness and is nearing death (per OAR 291-063-0040).

Requests are made through Security/ISM and must provide documentation to support the temporary transfer. This documentation may include notification of a family member's death or a letter from a doctor that identifies an immediate family member's terminal illness. The sending and receiving institutions agree on the length of the stay, and the superintendent of the sending facility makes final approval. The AIC returns to the sending facility when the temporary transfer is complete.

For specific case plan needs here at WCCF, please work with your assigned counselor.



Transport, movement, etc.

For programs outside of WCCF or at other facilities/

Institutions:

The Treatment Assignment Screening Committee (TASC) reviews and approves those AIC waiting to enter Alternative Incarceration Programs (AIP), Alcohol and Drug Treatment, cognitive behavioral therapy programs, etc.

INSTITUTION/FACILITY programs:

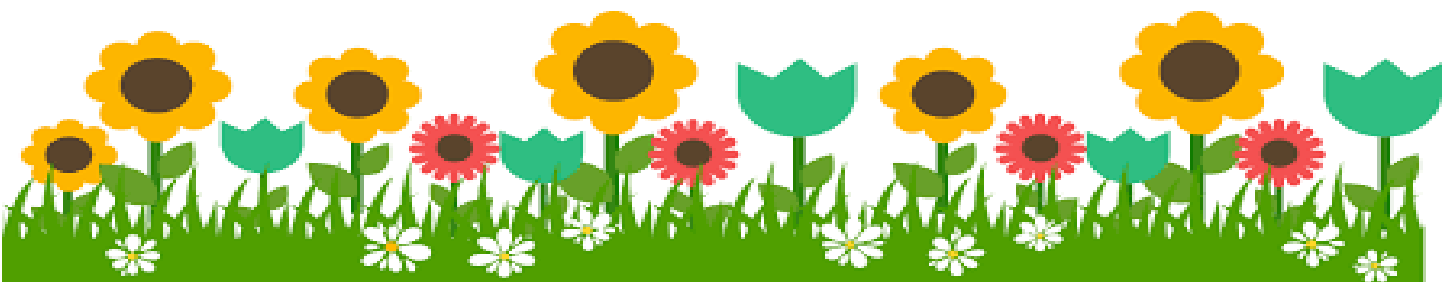
All programs that are specific to an Institution or Facility complete the screening and select for those programs themselves at the Institution/Facility the program exists.

Release

Release planning and your case plan needs will be coordinated through the release counselor. Transport for release will occur through this process.

Disciplinary/classification

AIC classification changes or disciplinary sanctions may result in transport to a higher classification facility



Summer words

S E S S A L G N U S T B Z X O T Q D A E T Q X T
 P Z M V I D I V I N G B O A R D J W A R A E S H
 V P O L G Y W E L T S A C D N A S O V F O D E T
 X F W H K E C H X A L E R D T R A Q Z K B A A Y
 S L D C R V S C S R M I B I C E C R E A M H S F
 J I C A N H X U P D N T R B J G N P Q C I S H W
 A P U M U I K Q N U N E B F R O H O S A C P E Q
 O F U P C N T O S S T P B F I T Z O I R D X L D
 V L W I B A O E C A C Z I T E J N L B N Q Q L A
 A O V N N E I L W R K R A C F Q R D J I V P F M
 F P J G K P A Z E C W C E J N V C X P V M C P H
 L S S Y R M Q C H M A V S E R I E S B A H F A X
 S M B S J M X M H V R U Y V N O C M H L Q Q A E
 B B A R B E C U E B N E N P P A B S Y V L S G C
 D U U V M V U M R H A N T K S K R O W E R I F O
 W Y M F W B L E A M O L T A G E A K S S M E C J
 G L Q E T J S T P O P H L G W Y W J U N E J U B
 O U Z D B I Q E H B M N X U W V N X X R N M G O
 Y J B A D J B B B S P L A S H P A L M T R E E O
 O X S N S W I M S U I T A J S D R A O B F R U S
 L Z X O H B A R E F E E T O E P N L G M T A E H
 G A Y M B B I U S E Q T V J U N A B V P F M Z B
 T N D E Z Y C V H H D I B D Y C H S A N D A L S
 K X D L O N E L C I S P O P T Y G Z A E T T H G

Divingboard
 Fireworks
 Barbecue
 Popsicle
 Picnics
 Shade
 June

Sandcastle
 Flipflops
 Barefeet
 Seashell
 Sandals
 Water
 Pool

Sunglasses
 Ice cream
 Carnival
 Swimsuit
 Splash
 Boat
 Sun

Watermelon
 Sunscreen
 Lemonade
 Vacation
 Sunhat
 Heat

Beachball
 Surfboard
 Palmtree
 Camping
 Relax
 July