



Warner Creek Trails

JANUARY 2025

WARNER CREEK TRAILS

VOLUME 25 ISSUE 1



January's Zodiac signs are:

Capricorn:

December 22
January 19.

Aquarius:

January 20–
February 18.

WINNING WORDS:

Janus am I; oldest of potentates;

Forward I look, and backward, and below

I count, as god of avenues and gates,

The years that through my portals come and go.

—Henry Wadsworth Longfellow,
American poet (1807–82)

The Month of January

January was named for the Roman god Janus, known as the protector of gates and doorways, who symbolize beginnings and endings. Janus is depicted with two faces, one looking into the past, the other with the ability to see into the future. What a fitting symbol for this first day of the year; this month is our door into the new year. The Romans often made promises to Janus and exchanged good wishes.

History of January

The months of January and February were not originally in the ancient Roman calendar as the winter months were considered dormant, both in terms of agriculture and also in terms of making war. This was a time of peace. Until 450 BCE, the Roman calendar was 10 months, beginning in March (Martius), due to the March Equinox. Remember, March was named for "Mars," the god of War who was also an agricultural guardian.

Weather Folklore for January

- Fog in January brings a wet spring.
- A favorable January brings us a good year.
- If grass grows in January, it will grow badly the whole year.
- A summerish January, a winterish spring.

Have a lovely January and a wonderful start to the year!



January Calendar

January 1 is **New Year's Day**. While you're still recuperating from the prior night's parties, read about some other New Year's traditions you might not know about and celebrate with some Hoppin' John for good luck.

January 5 brings **Twelfth Night**, an English folk custom that marked the end of Christmas merrymaking and, in ancient Celtic tradition, the end of the 12-day winter solstice celebration. On Twelfth Night, it was customary for the assembled company to toast each other from the wassail bowl.

January 6 is **Epiphany**. According to the New Testament's Gospels, on this date, the Magi—the three wise men or kings—venerated and brought gifts to the infant Jesus. Bake a beautiful Epiphany Tart or a King Cake with a lucky bean inside!

January 17 is **Benjamin Franklin's birthday**. He was not only a world-renowned statesman, inventor, and scientist but was also fascinated by agriculture. Here at the Old Farmer's Almanac, we consider him the father of almanacs!

January 20 is **Martin Luther King Jr. Day** (observed). This holiday is held on the third Monday in January and honors the principles of this civil rights leader and Nobel Prize Winner dedicated to nonviolence. This year, January 20 is also **Inauguration Day**.

January 29 is the **Chinese Lunar New Year**.



“Just for Fun” Days

January is **National Clean Up Your Computer Month** and **National Hot Tea Month!** Here are some more fun things to celebrate in January:

- **January 1:** Z Day (On this day, those whose last name begins with “Z” get to go first instead of last.)
- **January 3:** National Chocolate-Covered Cherry Day
- **January 6:** National Bean Day
- **January 8:** Elvis Presley’s Birthday
- **January 10:** National Houseplant Appreciation Day
- **January 14:** National Dress Up Your Pet Day
- **January 20:** National Penguin Day
- **January 22:** National Answer Your Cat’s Questions Day
- **January 29:** National Puzzle Day



January Astronomy

Even in astronomy, there is a sense of new beginnings. In the Northern Hemisphere, the days are starting to get longer again, and we look forward to the light’s re-emergence.

Perihelion: Earth Passes Its Closest to the Sun

On January 4, 2025, Earth reaches **perihelion**, which is the point in the planet’s orbit where it is closest to the Sun. At perihelion, Earth will be 91,405,993 miles from our bright star.

The Full Wolf Moon

January’s Moon is called the Wolf Moon. The Saxon word for the month was *Wulf-monath* or “wolf month.”

This year, the full Moon reaches peak illumination on **Monday, January 13, at 5:27 P.M. EST**. It can be seen rising from the horizon around sunset that evening. The Quadrantid Meteor Shower

The Quadrantid meteors appear in the early January sky, producing up to 25 meteors per hour at their peak. They’ll be at their best on the night of January 4 into January 5. For the best chance at spotting them, venture out between midnight and dawn (if you can stand the cold).

January Birthstone

January's birthstone, the garnet, is thought to keep the wearer safe during travel.

January Birth Flower

January's birth flowers are the carnation and snowdrop.

Forgotten Customs: Going Back to Work!

If you enjoy unusual, forgotten, or bygone customs, here are two that traditionally marked the end of the Christmas break when it was time to face the “daily grind.” Often, these were “joke” holidays that mixed up the first days back to hard work with some playfulness thrown in.

January 7: Distaff Day

The day after Epiphany (January 6) was once called Distaff Day and marked when the women went back spinning after the 12-day Christmas celebration. A distaff is a wooden rod (staff) that holds flax or wool. Before the Spinning Wheel arrived, spinning was slowly and tediously done on a Drop Spindle. As is often the case, it's hard to go back to work after the holidays and not much got done! The women's husbands would mischievously try to set fire to the flax on their wives' distaffs, while the women, lying in wait, would retaliate with humor by dousing them with buckets of water.

January 13, 2024: Plough Monday

Dating back to the fifteenth century, the first Monday after Epiphany (January 6) marked the start of the agricultural season, specifically for ploughing the fields for spring-sown crops. Of course, not much work was actually done on the first day! Dressed in clean white smocks decorated with ribbons, the men dragged a plow (plough) through the village and collected money for the “plow light” that was kept burning in the church all year. Often, men from several farms joined together to pull the plow through all their villages. They sang and danced their way from village to village to the accompaniment of music. In the evening, each farmer provided a Plough Monday supper for his workers, with plentiful beef and ale for all.



Financial Services Electronic

Communication Form

Financial Services encourages AICs to use the electronic CD214 Financial Services AIC communication form accessible on the tablet. This communication tool is an environmentally friendly, efficient, and convenient way for AICs to address trust account questions and concerns. Paper communications can take longer to receive and respond to while electronic communications allow our Business Services and Central Trust staff to better support our AIC population.

Below are the steps to navigate through the tablet screens and access the electronic forms.

Once logged onto the tablet, go to “Free Profile” and select the “Requests” app

Select *Financial Services*

Choose the appropriate topic and then type your question or concern

Please remember that the Financial Services AIC electronic communication form is to be used for Financial Services / Trust related questions and concerns. Please do not use this communication tool to address commissary or other unrelated matters.





**State of Oregon
Department of Corrections Commissary**

Date: December 17, 2024
To: AICs
From: Dustin Hoffman, Statewide Distribution Services Operations Manager
Subject: Commissary News

A handwritten signature in black ink, appearing to read "Dustin Hoffman".

Commissary News:

Commissary has received a replacement on the Religious Storage Containers. These will be available for purchase at \$2.71 once our current inventory is depleted. Commissary forms will be updated with this information soon.



Postcards are being discontinued. Get your postcards while supplies last.

Commissary 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 tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request.

Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Please write legibly and include your full name, SID number and institution when submitting a commissary order form, communication, or suggestion form to Commissary.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions and requests Commissary receives, we cannot respond to each request individually. Please watch your newsletter for periodic updates regarding items being added or discontinued. If a product is approved, you will see it added to the Commissary list. We strive to keep updated quality products and to remove unpopular items from Commissary. Please continue to submit your suggestions and requests.

OREGON CANTEEN SHOE WARRANTY INFORMATION NOTICE

Make sure the shoes or boots fit before you accept them. There is no DOC canteen warranty, and all sales are final. ACCESS VENDOR WARRANTY: We offer a 30-day limited warranty on all shoes. If the shoes have a manufacturer's defect, do not have worn soles, do not show signs of abuse and were purchased within the 30-day period, send the shoes, sales receipt, package authorization slip and a brief explanation for the return to: Keefe Group Customer Service

ATTN: Oregon Canteen Shoe Returns
55-101 Vista Blvd.

Sparks, NV 89434

If the shoes are determined to be defective and fall within these guidelines, we will replace them with the same shoe at no charge. If the same shoe is out of stock or discontinued, we will replace them with a similar shoe in price and style. There will be no cash refunds.

Any shoe over 30 days old will not be replaced or repaired. Please do not try to return shoes that are over 30 days old; they will be returned at owner's expense. Vendor offers a 30-day warranty for manufacturer defects. Commissary is not the warrantor. No manufacturer warranty applies.

ODOC adults in custody are not allowed to return their shoes to the manufacturer for repair or replacement. DISCLAIMER: Every effort has been made to show and describe the merchandise and all information as accurately as possible. However, many manufacturers make changes in design, color, and style during the year.

We regret any changes that may occur. All shoes are subject to DOC approval and can be removed at any time.

*** Above information copied directly from the Oregon Shoe Catalog***

From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 11/25/2024.

PERMANENT RULES:

291-131 Mail (AIC)

- Amends rule to limit the type of envelopes, paper, and the use of certain materials related to incoming mail; to align the rules with statutory requirements for the processing of AIC mail with the Corrections Ombudsman; remove gendered language and add clarifying language and language for consistency with other department rules; change the term "inmate" to "adult in custody" per statutory requirement; and make minor grammatical and punctuation edits.

Effective 1/13/25



January Education Dates

January 1	Happy New Year's! No school
January 2-6	Winter Break – No school
January 7	First day of winter term
January 13	MLK Day – No school
January 14	GED testing
January 16	GED testing
January 28	GED testing
January 30	GED testing



Graduates for December 2024

Antonio Garcia

Victor Arriola-Zavala

Alfredo Martinez

Andrew Padilla

Saul Guzman

**Congratulate them on their
accomplishment!**



Education Library

Book of the Month

250.211.HUV.99.002 “Les Misérables” by Victor Hugo

An ex-convict struggles for redemption in the punishing world of post-Napoleonic France, 1832. Crime and punishment, the relentless persecution of Valjean by Inspector Javert, the desperation of the prostitute Fantine, the amorality of the rogue Thénardier, and the universal desire to escape the prisons of our own minds. Hugo portrays his criticism of the French political and judicial systems.

Independent Study of the Month:

The Addictive Brain

Addiction is a modern-day epidemic. More than 500 people die every hour as a result of an addiction-related disease or an overdose, and addiction is estimated to cost the United States more than 600 billion dollars every year in health-care costs, lost productivity, and crime. Families are destroyed, careers are lost, and lives are wasted. And the problem is only getting worse. If we ever hope to stem the tide, it is imperative that we develop a better understanding of what addiction is and how it works at a neural level. Fortunately, scientists have made significant progress in answering these questions in the last few decades. This course will survey this important and exciting field.



From Division *OF* Labor to Division *BY* Labor

“When Adam delved and Eve span, who then was the gentleman?” – this quote is about inequality / class divisions. “Gentleman” today means a guy with manners, but it used to mean a man who didn’t work, because he was rich, so he could spend his time doing “gentlemanly” things. But notice the work mentioned: “delved” is tilling soil, but farming is NOT “original” work, it’s the “original sin” of the knowledge of domestication to produce extra food. (“Span” is like “spun” - which is weaving, also not original work.)

Hunting and gathering are the true “original” work but they didn’t result in having “gentlemen.” Women can only “spin” once the food is being produced by others (men/servants/slaves/peasants) because cloth is a luxury that isn’t food. Farming and weaving are the result of accepting inequality, because “all” men used to hunt and make tools, and “all” women used to gather and farm. But having “most” women weave our visible identities while having “most” men farm resulted in the (few) “gentlemen” who supervised it all but didn’t have to do any real labor work, because they were “better” (or the oxymoron “more equal”) than everyone else.

Eve’s apple represents the change from hunt/gather to herd/farm. Women did the gathering, so it makes sense they’d figure out farming first. But notice the implications: “tempting” men to settle down in one place to farm permanently changed our “mobile” lifestyle. And that changed everything. The more that men farmed (after the domestication of large animals and the invention of plows and such) the more that women weaved. Women had learned how to sew and weave long before, but didn’t have enough time to create much fashion, just basics. When more men farmed and herded, more women were able to make more cloth.

Why do some religions and schools make everyone dress the same? To reduce inequalities.

Why did prestige from fashion become so popular? To show and increase inequalities.

Women got blamed for the “original sin” of domestication with the Adam/Eve Apple story. But women got no credit for what they discovered (farming and weaving), nor did they create the hierarchy and inequalities that resulted. If they had, they’d probably be more in charge...

Making cloth all the time has given us plenty of expressions:

Weave a web of lies. Spin a yarn. Weave it together. Bob and weave. Tapestry of life. Cut from the same cloth. A stitch in time.

Dyed in the wool. Pulling the wool over your eyes. Span of time. Dream Weaver. Tied up. Strung out. Tangled nerves. Velvet touch. Cotton mouth. Unravelling at the seams. Hanging by a thread. Getting fleeced.

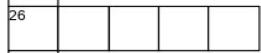
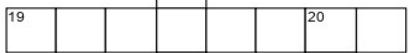
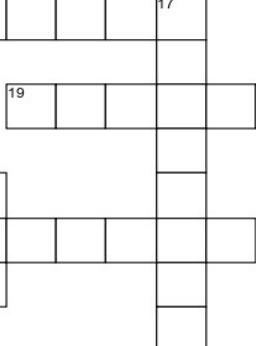
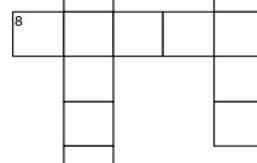
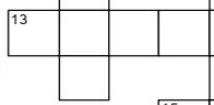
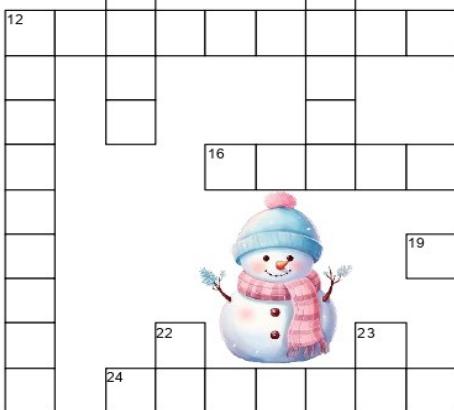
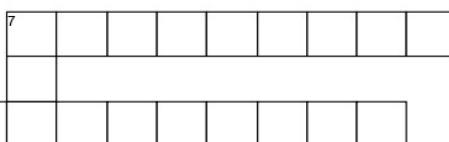
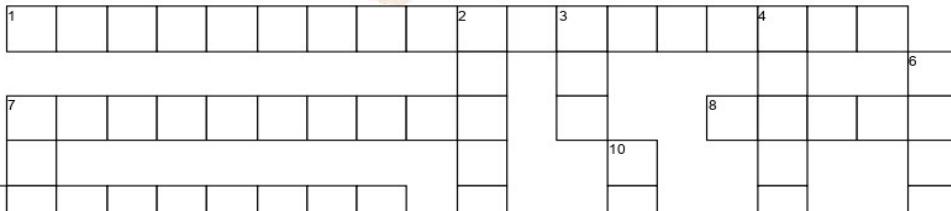
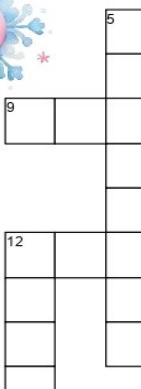
Apparently, women told stories while spinning and weaving...what else was there to do? Well, taking care of kids, cooking, cleaning, fetching water, keeping fires going and all kinds of other things that those who don’t do them can take for granted, or perhaps don’t think about at all.

“Gentlemen” weren’t around until labor became specialized, and eventually women would weave blue collars for the workers, and white collars for the Gentlemen.

Name: _____

Date: _____

JANUARY Crossword



ACROSS



- 1 January 15th, Civil Rights leader's birthday
- 7 Traditional Scottish celebration on January 25th
- 8 Winter constellation known as the Hunter
- 9 Martin Luther King Jr.'s famous speech: "I Have a _____"
- 11 Zodiac sign for most of January
- 12 Animal that predicts the weather on February 2nd
- 13 January is National ____ Month
- 15 January 28th, International ____ Data Privacy Day
- 16 Famous American folk festival in January
- 19 January 21st, National ____ Hugging Day
- 24 January 1st, the start of a new year
- 25 January's birth flower
- 26 National Soup ____ Month
- 27 New Year's ____ (traditional song)
- 28 January's average temperature is often below ____

DOWN

- 2 Traditional January drink to stay warm
- 3 January's gemstone color
- 4 Birthstone for January
- 5 January's weather phenomenon with freezing rain
- 6 Winter precipitation
- 7 Winter sport with skis and shooting
- 10 January is often associated with ____ resolutions
- 12 January is the first month of the ____ calendar
- 14 January 20th, U.S. Presidential ____ Day
- 17 January 6th celebration, also known as Three Kings' Day
- 18 January is often associated with new ____ and fresh starts
- 20 Popular January resolution
- 21 Winter Olympic Games are usually held in ____ years
- 22 Winter month with the shortest days
- 23 Winter headwear to keep warm



Oregon

Tina Kotek, Governor

Oregon Department of Corrections

Operations Division

3723 Fairview Industrial Drive SE.

Suite 200

Salem, OR 97302

Voice: (503) 945-9090



Date: November 1, 2024

To: All Adults in Custody (AICs)

From: Josh Highberger, Assistant Director of Operations

Subject: 2024 Holiday Period



The 2024 Holiday Period begins Monday, December 2, and goes through Friday, January 3, 2025. During this time, for AICs with DOC debt and external obligations, the following parameters will be in place:

DOC Debt and External Obligations

- DOC debt (*examples: disciplinary fines, copy, and postage debt*) will be collected through Wednesday, November 27, 2024, prior to the start of the Holiday Period.
- During the Holiday Period, Central Trust will not collect existing DOC debt.
- External obligations (non-DOC debt) such as court filing fees (County / U.S. Court), garnishment orders, and Court-Ordered Financial Obligations (COFOs) will continue to be collected as DOC does not have the authority to suspend statutory collections.
- At the conclusion of the 2024 Holiday Period, on Friday, January 3, 2025, any funds remaining in the General Spending Trust Account of AICs with DOC debt will be collected in accordance with OAR 291 Div. 158-0065(d).

Spending Funds During the Holiday Period

- Commissary spending limits will be doubled.
- AICs who have DOC debt may spend funds during the 2024 Holiday period from their General Spending Trust Account for the following: postage, copies, institution club & DOC activities, DOC programs, phone transfers, and commissary items.
- AICs with DOC debt cannot make external purchases or disbursements from their General Spending Trust Account during the 2024 Holiday Period.
- AICs should plan accordingly when submitting financial requests, such as commissary orders and Request for Withdrawal of Funds (CD28 or CD28P).

Other Considerations

- All plans are subject to staffing, and AIC commissary worker / supply chain availability.
- Transitional Savings deductions will continue to take place in accordance with ORS 423.105

The Holiday Period occurs at the discretion of the Assistant Director of Operations in accordance with OAR 291 Div. 158-0065(d). AICs with questions may submit an AIC communication to Business Services (*electronic option available on the tablet*).

Effective 01/01/25

Based upon the operational needs at WCCF, Housing Unit #1 will become a general population dorm.

- ❖ Property storage – The 2nd bunk boxes previously allowed on Unit #1 will be removed with attrition. AICs placed into Unit #1 and receiving bunk moves within the unit will be reduced to 1 bunk box.





Legal & Library Services Thin Client and Thumb Drive Notice

Thumb Drives:

In accordance with OAR 291-139-0190 (2)(a), Legal and Library services, "may make removable media devices available for inmate use for saving and storing legal documents created using word processing equipment in the facility law library." Please note that access to thumb drives is a privilege.

Allowable Documents:

In accordance with OAR 291-139-0190(2)(c), only legal documents are allowed to be stored on the legal thumb drive that is assigned to you. Per OAR 291-139-0110 the following are considered legal documents:

- Pleadings (i.e., complaint, petition, or response)
- Legal motions and memoranda
- Affidavits
- Court orders and Judgments
- Necessary papers submitted to a court in connection with a legal action.
- Necessary papers submitted to a paroling authority in connection with official actions and proceedings of such authorities.

General Print and Thumb Drive Information:

- It is possible for thumb drives to be corrupted. To help prevent this, please ensure that you properly eject your thumb drive every time.
- ODOC is not responsible for corrupted files.
- A cursory review is required for all documents that are copied and printed (See OAR 291-139-0170(1)(c)).
- Printed documents must contain your name and SID to verify that the documents belong to you and are legal in nature (See OAR 291-139-0110(2)).
- We may not have the forms that you need – you may need to make your own form.
- Correspondence (letters) with legal counsel is not considered a legal document (See OAR 291-139-0110(10)).
- Thumb drives are subject to cursory review (See OAR 291-139-0190 (2) (c)).

AIC WORK PERFORMANCE REVIEWS AND PRAS STEP INCREASES

As part of the PRAS Revision work, WCCF completed transition to the new work assignment naming structure September 25th. This change includes eligibility for work performance reviews and PRAS step increases at set intervals, for most assignments. It is important to note that AICs are responsible for tracking their own time in assignment at each step. PRAS step increases are not automatic; they are discretionary based on time in assignment and performance. The first 90-day point is approaching for many of you. Please make sure to communicate with your supervisor for timely performance reviews.

*****Implementation of the new classification and PRAS step structure is a work in progress at each institution. Therefore, the below is specific to WCCF at this time. *****

DEPARTMENT/LOCATION	PREVIOUSLY REFERRED TO AS	NEW CLASSIFICATION	NEW CODE	START	Step 1+ 90 days	Step 2+ 90 days	Step 3+ 90 days
				STEP 1	STEP 2	STEP 3	STEP 4
ACTIVITIES	ACTIVITY CLERK	CLERK 2	CLK2	11	13	15	
ADMIN	ADMIN CUSTODIAN / CREW CLERK (after decon training)	CUSTODIAN 3	CUS3	12	13	14	
ADMIN	ADMIN CUSTODIAN / CREW CLERK (pending decon training)	CUSTODIAN 2	CUS2	7	9	11	
CONTROL	CENTER FOYER	CUSTODIAN 2	CUS2	7	9	11	
CONTROL	SNOW CREW	GROUNDS 2	GRN2	10			
EDUCATION	TUTOR	TUTOR 2	TTR2	14	15	16	
KITCHEN	BAKER	BAKER	BAKE	13	14	15	
KITCHEN	BAKER TRAINER	BAKER LEAD	BKLD	16	17		
KITCHEN	CLEANER	CUSTODIAN 2	CUS2	7	9	11	
KITCHEN	COOK	COOK	COOK	13	14	15	
KITCHEN	DINING	CUSTODIAN 1	CUS1	5	6	7	
KITCHEN	DISH	SCULLERY	SCUL	7	9	11	
KITCHEN	KITCHEN WAREHOUSE	DRY STORAGE	DSTR	11	13	15	
KITCHEN	LEAD COOK	COOK TRAINER	CKTR	16	17		
KITCHEN	LINEBACKER	LINEBACKER 1	LNB1	8	9	10	
KITCHEN	PREP COOK	PREP COOK	PREP	11	12	13	
KITCHEN	SERVER	FOOD SERVER	SERV	5	6	7	
KITCHEN	UTILITY	UTILITY	UTIL	5	7	9	
GARDEN	GARDEN / GREENHOUSE	GARDEN	GRDN	10	12	14	
GARDEN	GARDEN CLERK	CLERK 2	CLK2	11	13	15	
GARDEN	SAGEBRUSH	GARDEN	GRDN	10	12	14	
HOUSING	ASSISTED LIVING ORDERLY	ORDERLY 1	ORD1	5	6	7	
HOUSING	F BLDG SUPPLY	CUSTODIAN 2	CUS2	7	9	11	
HOUSING	FLOOR CREW	CUSTODIAN 2	CUS2	7	9	11	
HOUSING	UNIT CLEANERS	CUSTODIAN 2	CUS2	7	9	11	
IWP FIRE	CAMP SUPPORT	CAMP SUPPORT	CAMP	14			
IWP FIRE	FIRE SUPPRESSION	CREW 4	CRW4	17			
IWP WORK CREW	WORK CREW, power tools (4x10s)	CREW 2	CRW2	14			
IWP WORK CREW	WORK CREW, power tools (5x8s)	CREW 2	CRW2	13			
IWP WORK CREW	WORK CREW, saw trained (4x10s)	CREW 3	CRW3	16			
IWP WORK CREW	WORK CREW, saw trained (5x8s)	CREW 3	CRW3	15			
LAUNDRY	LAUNDRY (pending decon training)	CLOTHING 1	CLT1	8	10	12	
LAUNDRY	LAUNDRY + DECON (after decon training)	CLOTHING 2	CLT2	12	13	14	
LEGAL LIBRARY	LAW LIBRARY ASSISTANT	CLERK 3	CLK3	15	16	17	
LEGAL LIBRARY	LAW LIBRARY ASSISTANT TRAINEE	CLERK 2	CLK2	11	13	15	
PHYSICAL PLANT	CLEANER	CUSTODIAN 2	CUS2	7	9	11	
PHYSICAL PLANT	ELECTRICIAN	ELECTRICIAN	ELCT	12	14	16	
PHYSICAL PLANT	HVAC	HVAC	HVAC	12	14	16	
PHYSICAL PLANT	MAINTENANCE HELPERS	MAINTENANCE	MAIN	12	14	16	
PHYSICAL PLANT	MECHANIC	MECHANIC	MECH	12	14	16	
PHYSICAL PLANT	PAINTER	PAINTER	PNTR	12	14	16	
PHYSICAL PLANT	PLUMBER	PLUMBER	PLMB	12	14	16	
PHYSICAL PLANT	TOOLCRIB	CLERK 2	CLK2	11	13	15	
PHYSICAL PLANT	WELDER	WELDER	WLDR	12	14	16	
PROGRAMS	PHOTOGRAPHER	PHOTOGRAPHER	PHTG	8	10	12	
PROGRAMS	PROGRAMS AIDE	CUSTODIAN 1	CUS1	5	6	7	
PROGRAMS	PROGRAMS CLERK	CLERK 2	CLK2	11	13	15	
PROGRAMS	PROGRAMS CUSTODIAN (pending decon training)	CUSTODIAN 2	CUS2	7	9	11	
PROGRAMS	PROGRAMS CUSTODIAN + DECON (after decon training)	CUSTODIAN 3	CUS3	12	13	14	
R&D	ENGRAVER	ENGRAVER	ENGR	11	13	15	
R&D	TAILOR	TAILOR	TALR	13	15	17	
RECREATION	BARBER/BRAIDER	BARBER	BRBR	8	10	12	
RECREATION	REC ASSIST	RECREATION AIDE	RCAD	6	8	10	
RELIGIOUS SERVICES	RELIGIOUS SERVICES CLERK	CLERK 2	CLK2	11	13	15	
VISITING	VISITING	CUSTODIAN 2	CUS2	7	9	11	
WAREHOUSE	CANTEEN	CANTEEN HELPER	CNHP	10	12	14	
WAREHOUSE	WAREHOUSE	STOCK WORKER 1	STW1	10	12	14	15
WAREHOUSE	WAREHOUSE, forklift	STOCK WORKER 2	STW2	12	14	16	17

OCE WORK ASSIGNMENTS				Refer to OCE for advancement schedules			
OCE CALL CENTER	CALL CENTER CLERK 2	CLERK 2	CLK2	11	13	15	
OCE CALL CENTER	CALL CENTER CLERK 3	CLERK 3	CLK3	15	16	17	
OCE CALL CENTER	TELEMARKETER	TELEMARKETING 1	TLM1	11			
OCE CALL CENTER	TELEMARKETER	TELEMARKETING 2	TLM2	12	14	16	
OCE CALL CENTER	TELEMARKETER	TELEMARKETING 3	TLM3	16	17		

Posted: 12/16/24



**State of Oregon
Department of Corrections Commissary**

DATE: WEDNESDAY, DECEMBER 18, 2024

TO: Adults in Custody

FROM: Dustin Hoffman, Statewide Distribution Services Operations Manager

SUBJECT: Commissary News, Updates and Reminders

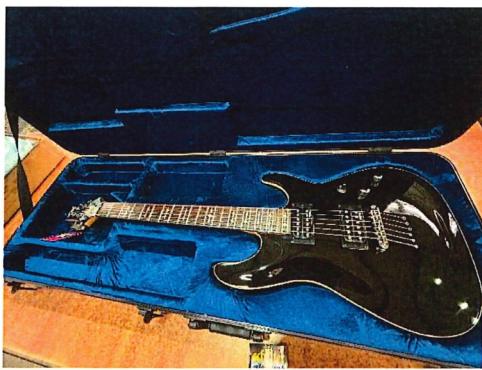
News:

Holiday Buying Period is here. We have guitars and basses in stock ready to be delivered. While supplies last.

**Schecter Guitar Research
Electric Bass Guitar Omen Extreme 4 Vintage Burst Package \$681.50**

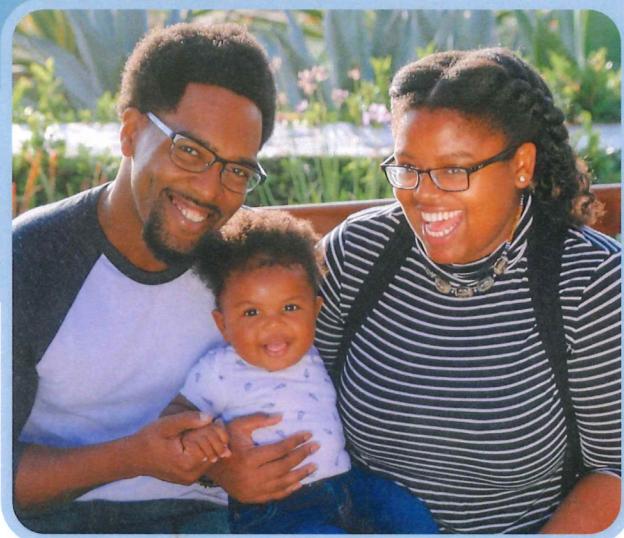


**Schecter Guitar Research
Electric Guitar Omen 6 Black Package \$576.61**



African American Program

Our mission is to provide culturally-specific services to assist in the successful transition of African Americans from prison to the community.



Program Objectives

- **Stop:** Parole violations, criminal activities, domestic violence, drug and alcohol use, cycle of self-defeat.
- **Increase:** Education, vocational training, employment, family stability and community connection.
- **Provide:** Culturally-specific programs and services, HEAT (Habilitation, Empowerment, Accountability, Therapy) for men, and HER (Habilitation Empowerment and Recovery) for women.

To Be Considered

- **Eligibility restrictions:** will be reviewed on a case-by-case basis.
- **No:** Sex offenses, clear and persistent mental health diagnosis, or active gang involvement/affiliation.
- Must be supervised in Multnomah County.

How to Get Started

- **Inmate:** Write a detailed letter expressing why you would like to be considered for participation. Send your letter with a kytic to: CRCI/AAP/Bruce Douglas
- **Counselor:** Email inmate's full name, SID#, and recommendation to bruce.w.douglas@multco.us

**Dept. of Community Justice/AAP,
1245 SE 122nd Ave., Portland, OR 97233
503.310.0054 / bruce.w.douglas@multco.us**



**Department of
Community Justice**

Community Safety Through Positive Change



PROGRAM BACKGROUND

Research from 1991-95 found that African Americans did not fare as well in the areas of employment, education, career training and financial stabilization as Caucasians.

Of the approximately 500,000 Multnomah County [Oregon] residents at that time, 5% were African American. Of the 11,000 offenders on parole, 6% were African American.

African American Offenders re-offended at a rate of 31% while Caucasian Offenders re-offended at 19%. African American parolees were revoked at a rate of 55% while Caucasian parolees were revoked at a rate of 41%. The launch of the program was a direct response to the findings that African American Offenders were over represented in the criminal justice system.

In 1996, the men's component of the AAP started with two Probation/Parole Officers and one Corrections Counselor. The program was designed to service 140 incarcerated adult males. Driven by need, community partners collaborated in 2000 to design an AAP component to service incarcerated adult females as well. In 2003, the women's component of the AAP was launched with one Probation/Parole Officer and one part-time contract counselor to service 60 adult women in custody.



CONTACT INFORMATION

DEPARTMENT OF
COMMUNITY JUSTICE

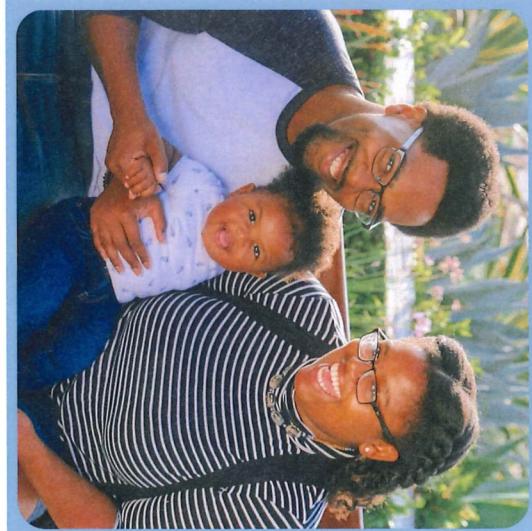
Dept. of
Community Justice / AAP
1245 SE 122nd Ave.
Portland, OR 97233

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Our mission is to provide culturally-specific services to assist in the successful transition of African Americans from prison to the community.

African American Program





PROGRAM OBJECTIVES

- **Stop:** Parole violations, criminal activities, domestic violence, drug and alcohol use, cycle of self-defeat.

- **Increase:** Education, vocational training, employment, family stability and community connection.

- **Provide:** Culturally-specific programs and services, HEAT (Habilitation, Empowerment, Accountability, Therapy) for men, and HER (Habilitation Empowerment and Recovery) for women.



ONE CLIENT'S STORY

"...I have 5 1/2 months left on a 7 year sentence. I've heard about your African American Program and I am very interested....I am very interested in my culture and would like to become a part of your program not only for myself but also for my children....I had a brother who was shot and killed by another black man in a gang related shooting. I feel that it is senseless for people to kill each other, but even more so for blacks to kill other blacks after all we've been through to get to where we are today. And I stress that to the young brothers in here. Some listen and some don't. But if I can reach just one, then it will all be worth it. ...I'm a 39 year old father of 4 and I feel that if I could learn about my past I can help save the future of our young blacks from destruction. I also feel that I could be an asset to the program even after my release..."



TO BE CONSIDERED

- **Eligibility restrictions:** will be reviewed on a case-by-case basis.
- **No:** Sex offenses, clear and persistent mental health diagnosis, or active gang involvement/affiliation.

- Must be supervised in Multnomah County.



HOW TO GET STARTED

- **Inmate:** Write a detailed letter expressing why you would like to be considered for participation. Send your letter with a kyte to: CRCI/AAP/Bruce Douglas
- **Counselor:** Email inmate's full name, SID#, and recommendation to bruce.w.douglas@multco.us

ODOC Pharmacies

ODOC Pharmacies will be making a minor change on the pharmacy label for your medications. It is a small change, but it will be noticeable for some and we want to explain it now to help avoid any confusion. You shouldn't see any difference on medications that are dispensed in capsules or tablets, that will remain the same. However, for tubes, inhalers and other pharmaceutical containers you'll see that the quantity now indicates the number of grams or milliliters that the container holds. Previously if you had received a 30 gram tube of ointment, the pharmacy label would have read "1", indicating that you received one tube of ointment. Now you will see on the pharmacy label that the quantity has changed to "30", the number of grams in the tube. We are making the change because the pharmacies are about to use a new computer program that requires us to record the quantity dispensed in grams and milliliters.

LAW LIBRARY

UPDATES

Law Library will be closed

January 1st & 20th



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

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 Haveli in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.



Have a drug or alcohol problem? Looking for a solution? Come Join us!

AA Thursday 7-8 pm

NA Saturday 6-7 pm

Kyte

Ms. Carpenter

to be added to the call outs



PREA SEXUAL ABUSE ADVOCACY

After a sexual assault you may want to speak with someone who can assist you with what happens next. Whether you choose to have a forensic medical exam and report the assault to the institution or not, you can get help from an advocate. The advocate will help you by providing you with information about the process as well as provide you with emotional support. This help is called advocacy. Advocates offer survivors information about the different options available to them and support a survivors' decision-making. Advocates do not tell the survivors what to do advocates are committed to maintaining the highest possible levels of confidentiality in their communications with survivors.

Oregon Department of Corrections has a **ZERO TOLERANCE** policy towards sexual abuse and sexual harassment of incarcerated persons.

WCCF Community-based Advocacy Center
exclusively for Sexual Abuse/Sexual Assault

Lake County Crisis Center
PO Box 774
Lakeview, Oregon 97630

Role of an Advocate:

- Provide over the phone confidential support and crisis intervention related to sexual abuse
- Talk with 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 or not 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

How to Reach an Advocate

Simply dial 711 or 1(800)338-7590, you will be connected to the local community-based advocacy center. There is no charge when calling either numbers. You may also write to an advocate at the address listed for the Lake County Crisis Center. If you feel like you are in immediate danger contact the nearest staff member or OIC.

OPTIONS FOR FILING A REPORT OF SEXUAL ABUSE

- Contact the Inspector General Hotline by dialing 9 on the inmate telephone system.
- File a grievance.
- File an anonymous report with an outside agency by writing to:

Governor's Office of Constituent Services
900 Court Street NE, Suite 160
Salem, Oregon 97301

(Your letter will need to indicate at the beginning you wish to file a PREA allegation and remain anonymous)

DOVE ADVOCACY CENTER

Providing assistance to victims/survivors of Domestic Violence, Sexual Violence, Stalking, Dating Violence, Elder Abuse and People with Disabilities, and Human Trafficking regardless of age, disability, race, color, national origin, religion, sex, gender identity, or sexual orientation. All services are free and confidential. We are located in Lakeview, Oregon.

Prison Rape Elimination Act (PREA) Information

The Oregon Department of Corrections (ODOC) has a zero tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by dialing 9 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency.

You may write to:

Governor's Constituent Services Office
900 Court Street NE, Suite 254
Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs.

AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by dialing 711 on AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility. Advocates provide victims of sexual abuse information about their options, resources, information and emotional support. There is no charge for calls to advocates.

Role of an Advocate:

- Provide confidential support and crisis intervention
- Inform you about the investigation and medical examination process
- Educate you about healing from sexual abuse
- Offer resources and referrals

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice
- Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled similar to legal calls/official mail.

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

E. Sage, PREA Coordinator
Oregon Department of Corrections
2575 Center St.NE
Salem, Oregon 97301

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.

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

Food Handlers

Food handler testing the 2nd. And then the next is in march on the 6th. If releasing before the 6th and wanting to test before release you must test at least one month prior to release.

DOC Headquarters Mail

Just a friendly reminder that when you are sending mail through the US Postal Service to the Department of Corrections Headquarters, you should use the address below:

DOC Headquarters

Name of unit or employee

3723 Fairview Industrial Drive SE, Ste 200
Salem, OR 97302

Sewing Kits

Unit 4 is the only unit allowed to have a sewing kit. As of 9-27-2024 all sewing kits have been from Housing Units 1, 2 and 3.

Unit 4 Laundry Soap

WCCF will not be supplying laundry soap beginning November 1st. AICs can purchase laundry soap from the canteen list.

Indigent Paper

Please kytic Ms. Cobian for indigent paper.

TO: All Adults in Custody
FROM: Health Services
RE: Electronic Health Records
(EHR)

Important Update from Health Services

The EHR Project Team is still working hard to scan all paper medical records into the new electronic health record (EHR) system. This important work helps you and the people who take care of your health at ODOC because your scanned medical records are quickly and easily available.

We wanted to give you this update and share important things to remember:

- *We have now scanned all overflow paper medical records.*
- *For now, you will still have a paper medical chart where Health Services will keep your important health information.*
- *When Health Services starts using the EHR, any remaining paper medical records will be scanned.*
- *You still request medical records the way you always have in your institution.*

The EHR Project Team will continue to keep you updated throughout the project!



PARA: *Todos los adultos bajo custodia*
DE: *Servicios de Salud*
Asunto: *Actualización sobre los Expedientes Electrónicos de Salud*

Importante actualización de los Servicios de Salud

El equipo del proyecto EHR sigue trabajando arduamente para escanear todas las historias clínicas en papel al nuevo sistema de historia clínica electrónica (EHR). Este importante trabajo le ayuda a usted y a las personas que se encargan de su salud en ODOC porque sus registros médicos escaneados están disponibles de manera rápida y sencilla.

Queríamos brindarle esta actualización y compartirle cosas importantes para recordar:

- *Hemos escaneado todos las historias clínicas en papel.*
- *Por ahora, usted seguirá contando con un historial médico clínico en papel donde los Servicios de Salud guardarán su información médica importante.*
- *Cuando los Servicios de Salud comiencen a utilizar EHR, se escanearán todos los historiales médicos en papel restantes.*
- *Usted seguirá solicitando historias clínicas como siempre lo ha hecho en su institución.*

El equipo del proyecto EHR continuará manteniéndole informado durante todo el proyecto.



SINGLE NUTRIENT REPORT : FAT

Warner Creek Correctional Facility : Warner Creek Correctional Facility

Page 1 of 5

		Monday 10/21/2024		Tuesday 10/22/2024		Wednesday		Thursday		Friday 10/25/2024		Saturday		Sunday 10/27/2024		
Breakfast	Oatmeal (2.4 g)	Dry Cereal (0.6 g)	Multigrain Hot Cereal (1.1 g)	Fresh Fruit (0.4 g)	Fried Egg (25.0 g)	Canned Fruit (0.0 g)	Poultry Sausage (4.5 g)	Dry Cereal (0.6 g)	Fresh Fruit (0.2 g)	Scramble (14.5 g)	Farina (0.5 g)	Oatmeal (2.4 g)	Fresh Fruit (0.1 g)	Canned Fruit (0.0 g)	Scrambled Eggs (8.2 g)	
	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Cereal (1.1 g)	Fried Egg (6.5 g)	Ranchero Sauce (0.5 g)	Refried Beans (0.5 g)	French Toast (5.7 g)	Poultry Sausage (4.5 g)	Poultry & Cheese Scramble (14.5 g)	Fried Potatoes (9.2 g)	*Ham & Cheese Scramble (14.5 g)	Hard Boiled Egg (5.4 g)	Fried Potatoes (9.2 g)	Poultry Sausage (4.5 g)	Poultry Sausage (4.5 g)	
	Pancakes (12.5 g)	Fried Egg (25.0 g)	Fried Egg (6.5 g)	Cheese Slice (4.0 g)	White Flour Tortilla (5.1 g)	English Muffin (8.3 g)	Maple Syrup (0.0 g)	French Toast (5.7 g)	Fried Potatoes (9.2 g)	Skim Milk (0.4 g)	Skim Milk (0.4 g)	Breakfast Pastry (9.0 g)	Skim Milk (0.4 g)	Breakfast Pastry (9.2 g)	Breakfast Pastry (9.2 g)	
	Peanut Butter (21.8 g)	Ranchero Sauce (1.5 g)	White Flour Tortilla (5.1 g)	English Muffin (8.3 g)	English Muffin (8.3 g)	Margarine (10.7 g)	Coffee (0.0 g)	Margarine (10.7 g)	Coffee (0.0 g)	Coffee (0.0 g)	Coffee (0.0 g)	Skim Milk (0.4 g)	Coffee (0.0 g)	Skim Milk (0.4 g)	Wheat Toast (2.2 g)	
	Maple Syrup (0.0 g)	White Flour Tortilla (5.1 g)	English Muffin (8.3 g)	Margarine (10.7 g)	Margarine (10.7 g)	Sugar PC (0.4 g)	Coffee (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Skim Milk (0.4 g)	Coffee (0.0 g)	Sugar PC (0.0 g)	Jelly (0.0 g)	
	Skim Milk (0.4 g)	Coffee (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Total - 33.5 g	Total - 29.5 g	Total - 22.1 g	Total - 24.7 g	Total - 17.6 g	Total - 17.6 g	Total - 35.2 g	Total - 35.2 g	Total - 35.2 g	Total - 35.2 g	
	Coffee (0.0 g)	Sugar PC (0.0 g)	Total - 37.2 g													
Lunch	Tomato Soup (0.9 g)	Coleslaw (5.7 g)	*Barbeque Pork (14.4 g)	*Soup of the Day (1.4 g)	Wheat Hoagie Roll (2.6 g)	Tuna Salad (5.1 g)	Shredded Lettuce (1.4 g)	Asian Cabbage Salad (7.1 g)	Beef & Broccoli (11.4 g)	Seasoned Beans (0.6 g)	Taco Salad with Meat (9.5 g)	*Meat & Cheese Sandwich (3.8 g)	Lettuce Salad (0.1 g)	Salad Dressing (5.8 g)	Lettuce Salad (0.1 g)	Salad Dressing (5.8 g)
	Grilled Cheese Sandwich on Wheat (20.5 g)	Broccoli (0.4 g)	Macaroni & Cheese (9.4 g)	Macaroni & Cheese (9.4 g)	Wheat Hoagie Roll (2.6 g)	Shredded Lettuce (1.4 g)	Brown Rice (1.6 g)	Shredded Cheese (7.3 g)	Stir-Fry Vegetables (0.2 g)	Salsa (0.3 g)	*Meat & Cheese Sandwich on Wheat (24.3 g)	Shredded Lettuce (7.4 g)	Poultry Gravy (3.5 g)	Peas (0.5 g)	Chicken Quarter (24.3 g)	Chicken Quarter (24.3 g)
	Chips (6.0 g)	Green Beans (0.2 g)	Green Beans (0.2 g)	Green Beans (0.2 g)	Blended Vegetables (2.6 g)	Milk Roll (1.2 g)	Milk Roll (1.2 g)	Spanish Rice (0.7 g)	Fresh Fruit (0.4 g)	Salad Dressing (11.5 g)	Mayo & Mustard (0.0 g)	Wheat Dinner Roll (1.5 g)	Blended Vegetables (0.3 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)
	Fresh Fruit (0.4 g)	Fresh Fruit (0.4 g)	Fresh Fruit (0.4 g)	Fresh Fruit (0.4 g)	Chips (6.0 g)	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Tortilla Chips (12.2 g)	Fresh Fruit (0.4 g)	Tortilla Chips (12.2 g)	Tortilla Chips (12.2 g)	Total - 21.9 g	Total - 21.9 g	Total - 21.5 g	Total - 21.5 g	
	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Total - 28.2 g	Total - 32.5 g	Total - 15.8 g	Total - 15.8 g	Total - 42.3 g	Total - 42.3 g	Total - 42.3 g	Total - 50.2 g	Total - 50.2 g	Total - 50.2 g	Total - 50.2 g	
Dinner	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Salad Dressing (7.9 g)	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)	Lettuce Salad (0.1 g)	Salad Dressing (5.8 g)	Beef Stew (7.2 g)	Beef Stew (7.2 g)	Lettuce Salad (0.1 g)	Salad Dressing (7.9 g)	Texas Slaw (3.2 g)	Texas Slaw (3.2 g)	
	Salad Dressing (4.8 g)	Salisbury Steak (14.6 g)	Chicken & Broccoli Casserole (6.2 g)	Ranch Style Chili (11.2 g)	Carrots (0.5 g)	Baked Potato (0.1 g)	Sour Cream (5.5 g)	*Pizza (choice) (24.7 g)	Baked Potato (0.1 g)	Brown Rice (1.6 g)	Cauliflower (0.4 g)	Brown Rice (1.6 g)	Beef Stew (7.2 g)	Burrito Meat (14.0 g)	Burrito Meat (14.0 g)	
	Mashed Potatoes (2.8 g)	Wheat Bread (2.2 g)	Margarine (10.7 g)	Pudding (0.3 g)	Green Beans (0.2 g)	Green Beans (0.2 g)	Cornbread (8.2 g)	Blended Vegetables (0.3 g)	Blended Vegetables (0.3 g)	Cauliflower (0.4 g)	Wheat Dinner Roll (1.5 g)	Wheat Dinner Roll (1.5 g)	Refried Beans (0.5 g)	Shredded Cheese (7.3 g)	Shredded Cheese (7.3 g)	
	Beef Gravy (3.1 g)	Pasta (1.2 g)	Pasta (1.2 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Choice Dessert (14.7 g)	Choice Dessert (14.7 g)	Carrots (0.5 g)	Carrots (0.5 g)	Carrots (0.5 g)	Pasta (1.2 g)	Lemon Cilantro Rice (4.7 g)	Lemon Cilantro Rice (4.7 g)	
	Peas (0.5 g)	Peas (0.5 g)	Peas (0.5 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Tea (0.0 g)	Tea (0.0 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Tea (0.0 g)	Focaccia Bread (5.7 g)	Focaccia Bread (5.7 g)	
	Wheat Dinner Roll (1.5 g)	Wheat Dinner Roll (1.5 g)	Wheat Dinner Roll (1.5 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Whole Wheat Tortilla (10.8 g)	Whole Wheat Tortilla (10.8 g)	
	Margarine (10.7 g)	Total - 38.1 g	Total - 27.9 g	93.9 g	89.2 g	89.6 g	89.6 g	Total - 43.9 g	Total - 43.9 g	Total - 45.6 g	Total - 34.8 g	101.8 g	58.5 g	Total - 19.4 g	Total - 41.2 g	
Total	103.5 g	Total - 38.1 g	Total - 27.9 g	93.9 g	89.2 g	89.6 g	89.6 g	Total - 43.9 g	Total - 43.9 g	Total - 45.6 g	Total - 34.8 g	101.8 g	58.5 g	Total - 19.4 g	Total - 41.2 g	

Week :1 10/21/2024 : 10/27/2024 - Mainline - Repeat Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday 11/1/2024	Saturday 11/2/2024	Sunday 11/3/2024
Breakfast	Oatmeal (2.4 g)	Dry Cereal (0.6 g)	Farina (0.5 g)	Dry Cereal (0.6 g)	Oatmeal (2.4 g)	Multigrain Hot Cereal (1.1 g)	Fresh Fruit (0.4 g)
	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Canned Fruit (0.0 g)	Fresh Fruit (0.2 g)	Canned Fruit (0.1 g)	Scrambled Eggs (0.0 g)	Scrambled Eggs (8.2 g)
	Fried Egg (6.5 g)	Veggie & Cheese Scramble (13.7 g)	Sausage Gravy (3.7 g)	Peanut Butter (21.8 g)	Yogurt (1.5 g)	*Pork Bacon (25.3 g)	
	Cheese Slice (4.0 g)	Wheat Toast (2.2 g)		Maple Syrup (0.0 g)	Breakfast Pastry (11.0 g)	Fried Potatoes (9.2 g)	
	Bagel (1.1 g)	Margarine (10.7 g)		Skim Milk (0.4 g)	Skim Milk (0.4 g)	Wheat Toast (2.2 g)	
	Fried Potatoes (9.2 g)	Skim Milk (0.4 g)		Coffee (0.0 g)	Coffee (0.0 g)	Jelly (0.0 g)	
	Skim Milk (0.4 g)	Coffee (0.0 g)		Sugar PC (0.0 g)	Sugar PC (0.0 g)	Margarine (10.7 g)	
	Sugar PC (0.0 g)					Skim Milk (0.4 g)	
	Total - 23.7 g	Total - 28.0 g	Total - 21.2 g	Total - 26.0 g	Total - 34.8 g	Total - 14.0 g	Total - 56.4 g
Lunch	Potato Soup (0.7 g)	Coleslaw (5.7 g)	*Soup of the Day (1.4 g)	Bean Soup (0.4 g)	Texas Slaw (3.2 g)	*Soup of the Day (1.4 g)	Lettuce Salad (0.1 g)
	*Meat & Cheese Sandwich on Wheat (7.4 g)	Tuna Noodle Casserole (9.1 g)	Chicken-Lettuce Salad (2.3 g)	*Grilled Ham & Cheese Sandwich on Wheat (14.6 g)	Cincinnati Chili (9.0 g)	Chicken Salad (6.6 g)	Salad Dressing (4.8 g)
	Shredded Lettuce (0.0 g)	Blended Vegetables (0.3 g)	Sliced Onions (0.0 g)	Peas (0.5 g)	Shredded Cheese (7.3 g)	Shredded Lettuce (0.0 g)	Roast Turkey (1.8 g)
	Mayo & Mustard (3.6 g)	Wheat Bread (2.2 g)	Shredded Cheese (7.3 g)	Chips (6.0 g)	Wheat Hoagie Roll (2.6 g)	Wheat Hoagie Roll (2.6 g)	Poultry Gravy (3.5 g)
	Fresh Fruit (0.2 g)	Margarine (10.7 g)	Fresh Fruit (0.4 g)	Spaghetti (1.1 g)	Sliced Onions (0.0 g)	Blended Vegetables (0.3 g)	Mashed Potatoes (2.8 g)
	Green Beans (0.2 g)	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Broccoli (0.4 g)	Broccoli (0.4 g)	Chips (6.0 g)	Green Beans (0.2 g)
	Chips (6.0 g)	Fresh Fruit (0.4 g)		Cornbread (8.2 g)	Cornbread (8.2 g)	Fresh Fruit (0.4 g)	Wheat Bread (2.2 g)
	Fresh Fruit (0.4 g)			Broccoli (0.4 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)
	Total - 18.3 g	Total - 28.2 g	Total - 35.5 g	Total - 21.9 g	Total - 40.1 g	Total - 17.3 g	Total - 37.7 g
Dinner	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)
	Salad Dressing (5.8 g)	Salad Dressing (4.8 g)	Salad Dressing (7.9 g)	Salad Dressing (7.9 g)	Salad Dressing (7.9 g)	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)
	Chicken Quesadilla (26.8 g)	Slippy Joe (15.7 g)	Cheese Pizza (20.1 g)	Chicken & Rice Casserole (6.7 g)	Beef Enchilada (37.9 g)	Meat Sauce (10.0 g)	Meat Sauce (10.0 g)
	Salsa (0.3 g)	Wheat Burger Bun (5.6 g)	Meat Loaf (15.5 g)	Carrots (0.5 g)	Casserole (1.6 g)	Spaghetti (1.1 g)	Spaghetti (1.1 g)
	Sour Cream (5.5 g)	Carrots (0.5 g)	Baked Potato (0.1 g)	Wheat Bread (2.2 g)	Seasoned Beans (0.6 g)	Cauliflower (0.4 g)	Cauliflower (0.4 g)
	Brown Rice (1.6 g)	Seasoned Potatoes (5.3 g)	Sour Cream (5.5 g)	Margarine (10.7 g)	Tea (0.0 g)	French Bread (1.5 g)	French Bread (1.5 g)
	Zucchini (0.2 g)		Green Beans (0.2 g)	Gelatin & Whip Topping (2.0 g)		Garlic Margarine (10.7 g)	Garlic Margarine (10.7 g)
	Tea (0.0 g)			Total - 43.1 g	Total - 30.1 g	Total - 46.0 g	Total - 30.0 g
	Total - 40.3 g	Total - 41.1 g	Total - 42.2 g	98.9 g	91.0 g	105.0 g	77.3 g
	82.3 g	97.3 g					124.1 g

Week :2 10/28/2024 : 11/3/2024 - Mainline - Repeat Cycle

**SINGLE NUTRIENT REPORT : FAT**

Warner Creek Correctional Facility : Warner Creek Correctional Facility

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		Monday 11/4/2024	Tuesday	Wednesday	Thursday 11/7/2024	Friday 11/8/2024	Saturday 11/9/2024	Sunday 11/10/2024
Breakfast	Oatmeal (2.4 g)	Dry Cereal (0.6 g)	Multigrain Hot Cereal (1.1 g)	Dry Cereal (0.6 g)	Farina (0.5 g)	Oatmeal (2.4 g)	Canned Fruit (0.0 g)	Canned Fruit (0.0 g)
	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Canned Fruit (0.0 g)	Fresh Fruit (0.2 g)	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Scrambled Eggs (8.2 g)	Scrambled Eggs (8.2 g)
	Pancakes (12.5 g)	Fried Egg (25.0 g)	Poultry Sausage (4.5 g)	Poultry Sausage (4.5 g)	*Ham & Cheese Scramble (14.5 g)	Hard Boiled Egg (5.4 g)	Poultry Sausage (4.5 g)	Poultry Sausage (4.5 g)
	Peanut Butter (21.8 g)	Refried Beans (0.5 g)	French Toast (5.7 g)	French Toast (5.7 g)	Fried Potatoes (9.2 g)	Breakfast Pastry (9.0 g)	Fried Potatoes (9.2 g)	Fried Potatoes (9.2 g)
	Maple Syrup (0.0 g)	Fried Egg (6.5 g)	Maple Syrup (0.0 g)	Margarine (10.7 g)	Skim Milk (0.4 g)	Skim Milk (0.4 g)	Wheat Toast (2.2 g)	Wheat Toast (2.2 g)
	Skim Milk (0.4 g)	Cheese Slice (4.0 g)	Margarine (0.0 g)	Skim Milk (0.4 g)	Coffee (0.0 g)	Coffee (0.0 g)	Jelly (0.0 g)	Jelly (0.0 g)
	Coffee (0.0 g)	English Muffin (5.1 g)	Coffee (0.0 g)	Coffee (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Margarine (10.7 g)	Margarine (10.7 g)
	Sugar PC (0.0 g)	Fried Potatoes (8.3 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Skim Milk (0.4 g)	Skim Milk (0.4 g)
	Total - 37.2 g	Total - 33.5 g	Total - 29.5 g	Total - 22.1 g	Total - 24.7 g	Total - 17.6 g	Total - 35.2 g	Total - 35.2 g
Lunch	Lentil Soup (0.6 g)	*Soup of the Day (1.4 g)	Coleslaw (5.7 g)	Vegetable Soup (1.0 g)	*Soup of the Day (3.8 g)	Texas Slaw (3.2 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)
	Barbeque Chicken (3.6 g)	Tuna Melt Sandwich on Wheat (12.2 g)	Hot Turkey Sandwich on Wheat (4.0 g)	Chicken-Lettuce Salad (2.3 g)	*Meat & Cheese Sandwich on Wheat (7.3 g)	Beef Fajita Mix (9.3 g)	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)
	Wheat Hoagie Roll (2.6 g)	Potato Salad (8.8 g)	Poultry Gravy (3.5 g)	Sliced Onions (0.0 g)	Onions & Bell Peppers (0.2 g)	Chicken Quarter (24.3 g)	Onions & Bell Peppers (0.2 g)	Onions & Bell Peppers (0.2 g)
	Brown Rice (1.6 g)	Peas & Carrots (0.5 g)	Mashed Potatoes (2.8 g)	Shredded Cheese (7.3 g)	Salsa (0.3 g)	Mashed Potatoes (2.8 g)	Salsa (0.3 g)	Salsa (0.3 g)
	Blended Vegetables (0.3 g)	Fresh Fruit (0.2 g)	Carrots (0.5 g)	Salad Dressing (11.5 g)	Whole Wheat Tortilla (10.8 g)	Whole Wheat Tortilla (10.8 g)	Whole Wheat Tortilla (10.8 g)	Whole Wheat Tortilla (10.8 g)
	Fresh Fruit (0.4 g)	Fortified Drink (0.0 g)	Fresh Fruit (0.4 g)	Broccoli (0.4 g)	Mayo & Mustard (3.6 g)	Poultry Gravy (3.5 g)	Mayo & Mustard (3.6 g)	Poultry Gravy (3.5 g)
	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Fortified Drink (0.0 g)	Wheat Dinner Roll (1.5 g)	Peas (0.5 g)	Peas (0.5 g)	Wheat Dinner Roll (1.5 g)	Wheat Dinner Roll (1.5 g)
	Total - 9.1 g	Total - 23.1 g	Total - 16.9 g	Margarine (10.7 g)	Chips (6.0 g)	Fortified Drink (0.0 g)	Margarine (10.7 g)	Margarine (10.7 g)
				Total - 35.1 g	Total - 21.5 g	Total - 24.9 g	Total - 50.2 g	Total - 50.2 g
Dinner	Lettuce Salad (0.1 g)	Canned Fruit (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)
	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)	Salad Dressing (4.8 g)	Salad Dressing (4.8 g)	Salad Dressing (4.8 g)	Salad Dressing (4.8 g)	Salad Dressing (4.8 g)
	Beef Stroganoff (14.6 g)	Creamed Ground Beef (17.9 g)	*Pizza (choice) (24.7 g)	Cheeseburger (19.1 g)	Cheeseburger (19.1 g)	Macaroni & Cheese (15.6 g)	Macaroni & Cheese (15.6 g)	Macaroni & Cheese (15.6 g)
	Pasta (11.2 g)	Blended Vegetables (0.3 g)	Blended Vegetables (0.3 g)	Onions & Pickles (0.0 g)	*Jambalaya (7.4 g)	Blended Vegetables (0.3 g)	Blended Vegetables (0.3 g)	Blended Vegetables (0.3 g)
	Broccoli (0.4 g)	Choice Dessert (14.7 g)	Choice Dessert (14.7 g)	Wheat Burger Bun (5.6 g)	Wheat Burger Bun (5.6 g)	Cauliflower (0.4 g)	Cauliflower (0.4 g)	Cauliflower (0.4 g)
	Wheat Bread (2.2 g)	Tea (0.0 g)	Tea (0.0 g)	Green Beans (0.2 g)	Green Beans (0.2 g)	French Bread (1.5 g)	French Bread (1.5 g)	French Bread (1.5 g)
	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)	Seasoned Potatoes (5.3 g)	Seasoned Potatoes (5.3 g)	Margarine (10.7 g)	Margarine (10.7 g)	Margarine (10.7 g)
	Tea (0.0 g)	Cornbread (8.2 g)	Cornbread (8.2 g)	Ketchup (0.0 g)	Ketchup (0.0 g)	Tea (0.0 g)	Tea (0.0 g)	Tea (0.0 g)
	Total - 35.0 g	Total - 48.8 g	Total - 45.3 g	Total - 45.6 g	Total - 38.4 g	Total - 28.6 g	Total - 33.5 g	Total - 33.5 g
	Total	81.3 g	105.4 g	91.7 g	102.8 g	84.6 g	71.1 g	118.9 g

Week :3 11/4/2024 : 11/10/2024 - Mainline - Repeat Cycle

SINGLE NUTRIENT REPORT : FAT

Week :4 11/11/2024 : 11/17/2024 - Mainline - Repeat Cycle

**SINGLE NUTRIENT REPORT : FAT**

Warner Creek Correctional Facility : Warner Creek

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Correctional Facility										
	Monday	Tuesday	Wednesday	Thursday	Friday 11/22/2024	Saturday	Sunday			
Breakfast	Oatmeal (2.4 g)	Dry Cereal (0.6 g)	Multigrain Hot Cereal (1.1 g)	Dry Cereal (0.6 g)	Farina (0.5 g)	Oatmeal (2.4 g)	Canned Fruit (0.0 g)			
	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Canned Fruit (0.0 g)	Fresh Fruit (0.2 g)	Canned Fruit (0.1 g)	Fresh Fruit (0.4 g)	Scrambled Eggs (8.2 g)			
	Pancakes (12.5 g)	Scrambled Eggs (8.2 g)	Poultry Sausage (4.5 g)	Veggie & Cheese Scramble (13.7 g)	Veggie & Cheese Scramble (13.7 g)	Poultry Sausage (4.5 g)				
	Peanut Butter (21.8 g)	Ground Beef (5.5 g)	Hard Boiled Egg (10.8 g)	French Toast (5.7 g)	Fried Potatoes (9.2 g)	Breakfast Pastry (9.0 g)	Fried Potatoes (9.2 g)			
	Shredded Cheese (7.3 g)	Fried Potatoes (9.2 g)	Wheat Toast (2.2 g)	Maple Syrup (0.0 g)	Skim Milk (0.4 g)	Skim Milk (0.4 g)				
	Maple Syrup (0.0 g)	Skim Milk (0.4 g)	Margarine (10.7 g)	Coffee (0.0 g)	Coffee (0.0 g)	Coffee (0.0 g)	Wheat Toast (2.2 g)			
	Skim Milk (0.4 g)	Coffee (0.0 g)	Margarine (0.4 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Sugar PC (0.0 g)	Jelly (0.0 g)			
	Sugar PC (0.0 g)	Total - 37.2 g	Total - 31.6 g	Total - 25.2 g	Total - 22.1 g	Total - 23.9 g	Total - 17.6 g	Total - 35.2 g		
	Total - 37.2 g									
Lunch	Lettuce Salad (0.1 g)	*Soup of the Day (3.8 g)	Potato Soup (0.7 g)	Broccoli Cheese Soup (9.2 g)	*Soup of the Day (3.8 g)	Nacho Meat (14.0 g)	Lettuce Salad (0.1 g)			
	Salad Dressing (4.8 g)	Tuna Salad (5.1 g)	*Chicken-Bacon-Ranch Salad (23.1 g)	Fried Egg Sandwich on Wheat (22.9 g)	*Meat & Cheese Sandwich on Wheat (22.9 g)	Refried Beans (0.5 g)	Salad Dressing (7.9 g)			
	Cheese Ravioli (7.9 g)	Shredded Lettuce (0.0 g)	Shredded Onions (0.0 g)	Mayonnaise (3.2 g)	Shredded Lettuce (0.0 g)	Cheese Sauce (8.0 g)				
	Marinara Sauce (0.9 g)	Wheat Hoagie Roll (2.6 g)	Shredded (0.0 g)	Green Beans (0.2 g)	Mayo & Mustard (0.0 g)	Lettuce Salad (0.1 g)				
	Peas (0.5 g)	Blended Vegetables (0.3 g)	Cheese (7.3 g)	Chips (6.0 g)	Cauliflower (0.4 g)	Salsa (0.3 g)				
	French Bread (1.5 g)	Chips (6.0 g)	Ranch Dressing (0.4 g)	Fresh Fruit (0.4 g)	Tortilla Chips (12.2 g)	Tortilla Chips (12.2 g)				
	Total - 26.8 g	Total - 18.0 g	Total - 44.7 g	Total - 41.9 g	Total - 21.4 g	Total - 35.7 g	Total - 34.7 g			
	Total - 26.8 g									
	Total - 34.6 g									
Dinner	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)	Lettuce Salad (0.1 g)			
	Salad Dressing (7.9 g)	Salad Dressing (5.8 g)	Salad Dressing (5.8 g)	Salad Dressing (4.8 g)	Salad Dressing (4.8 g)	Salad Dressing (7.9 g)	Salad Dressing (7.9 g)			
	Spicy Rice (7.9 g)	Philly Beef (6.8 g)	Chicken Enchilada (7.9 g)	*Pizza (choice) (5.8 g)	Chicken Alfredo (24.7 g)	Creole Chicken (2.9 g)				
	Casserole (13.5 g)	Cheese Sauce (8.0 g)	Casserole (23.3 g)	Cheeseburger (19.1 g)	Sauce (11.4 g)					
	Green Beans (0.2 g)	Onions & Bell Peppers (0.2 g)	Brown Rice (1.6 g)	Onions & Pickles (0.0 g)	Spaghetti (1.1 g)					
	Wheat Bread (2.2 g)	Wheat Hoagie Roll (2.6 g)	Seasoned Beans (0.6 g)	Blended Vegetables (0.3 g)	Blended Vegetables (0.3 g)					
	Margarine (10.7 g)	Broccoli (0.4 g)	Seasoned Potatoes (0.0 g)	Choice Dessert (14.7 g)	Wheat Burger Bun (5.6 g)					
	Tea (0.0 g)	Total - 29.5 g	Tea (0.0 g)	Tea (0.0 g)	Carrots (0.5 g)					
	Total - 34.6 g	Total - 29.5 g	Total - 33.5 g	Total - 45.6 g	Seasoned Potatoes (5.3 g)	Focaccia Bread (5.7 g)				
	Total - 34.6 g									
	Total	98.6 g	79.1 g	103.4 g	109.6 g	88.6 g	79.8 g	95.4 g	Total - 25.5 g	Total - 25.5 g

Week :5 11/18/2024 : 11/24/2024 - Mainline - Repeat Cycle