



Warner Creek Trails

MARCH 2025

WARNER CREEK TRAILS

VOLUME 25 ISSUE 3



Zodiac Signs for February:

Pisces

(February 20 to March
20)

Aries

(March 21 to April 20).

WINNING WORDS:

*I Martius am! Once first,
and now third!*

*To lead the Year was my
appointed place;*

*A mortal dispossessed
me by a word,*

*And set there Janus with
the double face.*

—Henry Wadsworth

Longfellow, American
poet (1807–82)

The Month of March

March is named for Mars, the Roman god of war, because this was the time of year to resume military campaigns that had been interrupted by winter.

In the early Roman calendar, March (or *Martius*) was the first month of the calendar year. As March brought the first day of spring with the vernal equinox, it was the start of new beginnings.

March became the third month when January and February—which were added to the end of the Roman calendar around 700 BCE—instead became the first and second months around 450 BCE.

In Like a Leo, Out Like an Aries.

You may have heard the weather proverb, “If March comes in like a lion, it will go out like a lamb,” meaning that if the month starts off stormy, it will end with mild weather. There is, however, a different interpretation: The constellation Leo, the lion, rises in the east at the beginning of March. Thus, the month “comes in like a lion,” while Aries, the ram, sets in the west at the end of the month, and hence, the month “will go out like a lamb.”

The Start of Spring

The March equinox occurs on Thursday, March 20, 2025. In the Northern Hemisphere, this is known as the vernal, or spring, equinox and marks the start of the spring season. In the Southern Hemisphere, autumn begins.

At this time, the Sun crosses the celestial equator on its way north. Also, on this day, the Sun rises exactly in the east and sets exactly in the west—a good thing to know if you get lost in the woods.

March 2025 Calendar

March 4 is Mardi Gras (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday.

March 5 is Ash Wednesday, which marks the start of Lent.

March 8 is International Women’s Day, which is a day that not only celebrates the achievements of women and the progress made toward women’s rights but also brings attention to ongoing struggles for equality around the world.

March 9 is the start of Daylight Saving Time, which begins at 2:00 A.M. that day. If your area observes it, don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15 is the Ides of March! Legend surrounds this ill-fated day. Beware the Ides of March!

March 17 is St. Patrick’s Day. According to folklore, folks wear a shamrock on St. Patrick’s Day because the saint used its three leaves to explain the Trinity.

March 20 brings about the March equinox—also called the vernal or spring equinox in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the autumnal equinox and the beginning of fall. On this day, the Sun stands directly over Earth’s equator.

March 29-31 are known as the Borrowing Days. According to lore, the last 3 days of March have a reputation for being stormy.



"Just for Fun" Days

Did you know that March is National Umbrella Month? Here are some more wacky things to celebrate this month:

- **March 3:** What If Cats and Dogs Had Opposable Thumbs Day
- **March 11:** International Fanny Pack Day
- **March 13:** National Ear Muff Day
- **March 16:** National Panda Day
- **March 16:** Absolutely Incredible Kid Day
- **March 23:** World Meteorological Day
- **March 31:** World Backup Day



The Full Worm Moon

March's full Moon, the Worm Moon, reaches peak illumination on the morning of **Friday, March 14, 2025**. Look for it on the evening of Thursday, March 13, as the Moon rises above the horizon!

March's birth flower

is the daffodil or jonquil. The daffodil signifies regard or unrequited love. The jonquil means "I desire a return of affection."

March's birthstone

is the aquamarine. This gem is a type of beryl; its color can be pale to dark blue, greenish-blue, or blue-green; deep, intense blue versions are more valuable.

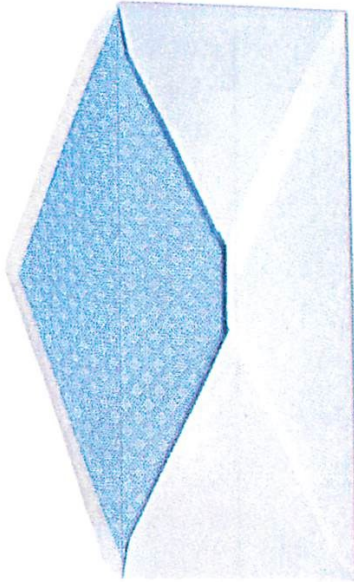
Folklore for the Season

- *A wet spring, a dry harvest.*
- *On St. Patrick's Day, the warm side of a stone turns up, and the broad-back goose begins to lay.*
- *March comes in with adders' heads and goes out with peacocks' tails.*
- *Thunder in spring, Cold will bring.*
- *So many mists in March you see, So many frosts in May will be.*
- *In beginning or in end, March its gifts will send.*

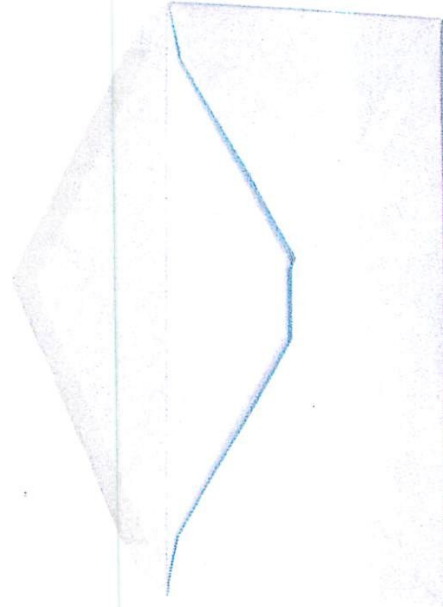
Bleak winds assault us all around; Dances aloft, or skims the ground: See the school-boy—his hat in hand, While on the path he scarce can stand

RETURN TO SENDER

Envelope: Security Features Present

Envelope: Security Features Present**RETURN TO SENDER**

Envelope: Security Features Present



Approved – all white inside and out

Envelope: Security Features Present**Examples of items that will be****refused:**

- ♦ Any non-white envelope
- ♦ Envelopes larger than 9" x 12"
- ♦ Envelopes that are not commercially produced
- ♦ Envelopes made of cardboard, padded, corrugated, or tear-resistant material
- ♦ Envelopes constructed of heavy weight paper (that is, greater than 20 pound) or with security screening features
- ♦ Cardstock (such as is used for greeting cards and postcards)

**Greeting cards and postcards
are not allowed.****EXAMPLE**

Name: _____

Date: _____

March

Crossword



Across

5. Famous scientist born on March 14th, known for his theory of relativity
8. Time when clocks are moved forward an hour, occurring in March
9. Traditional color of Mardi Gras celebrations, which sometimes occur in March
10. Common March activity involving kites
14. Famous children's author born on March 2nd, known for "Green Eggs and Ham"
16. Birthstone associated with March
17. Common phrase related to March weather: "In like a ___ out like a lamb."
18. Common activity during March: filling out ___ brackets
21. Common March tradition: wearing ___ for good luck
24. Common March activity involving planting seeds
27. U.S. territory that celebrates its Transfer Day on March 31st
30. Holiday celebrated on March 2nd in Texas

Down

1. This month has the first day of spring
2. Famous Irish holiday celebrated on March 17th
3. Celestial event that marks the beginning of spring, occurring around March 20th
4. Day set aside for women's rights, observed on March 8th
6. Number of days in March
7. Popular sport often played in March
11. Holiday celebrated on March 21st, known as the Persian New Year
12. U.S. state that celebrates its statehood on March 4th
13. Term for the warmth that begins to return in March
15. Flower commonly associated with March
19. NCAA college basketball tournament held in March
20. Traditional meat served on St. Patrick's Day
22. Animal often associated with Easter, which sometimes falls in March
23. Ancient Roman festival celebrated at the end of March, honoring the god of war
25. Bird known for its return in March, signaling spring
26. Zodiac sign that begins in March
28. Color often associated with St. Patrick's Day
29. Popular spring break destination for many students

Oregon Judicial Department COFO's

An error has been identified with Oregon Judicial Department (OJD) court-ordered financial obligations (COFOs) causing several COFO amounts owed to increase between December 2024 and January 2025. As a result, OJD COFO collections were suspended for approximately two days while this error was corrected. All affected Adults in Custody will be able to view the correction on their next AIC trust account statement. If your COFOs have increased between December 2024 and January 2025, please check your next trust account statement received for a correction. For your most current COFO balance owed, please contact Business Services via the electronic AIC communication system.

Sent on behalf of Financial Services



Health Services Update

There are some changes Health Services will be making to AIC provider call outs. When you are scheduled to see a provider the location on the printed AIC Callouts will read "HS/Clinic." When you see this, please be ready 30 minutes before your scheduled call out. There are frequently times where provider call outs go quickly so we work ahead of schedule. Being ready 30 minutes before your appointment will help run our provider clinics in more smoothly.

Actualización de servicios de salud

Hay algunos cambios que Servicios de Salud realizará en las llamadas de proveedores (callouts) de Adultos En Custodia. Cuando tenga una cita con un proveedor, la ubicación en las notas (callouts) del Adulto En Custodia dirá "HS/Clínica". Cuando vea esto, esté listo 30 minutos antes de la llamada programada. Con frecuencia, las llamadas de los proveedores se realizan rápidamente, por lo que trabajamos antes de lo previsto. Estar listo 30 minutos antes de su cita ayudará a que nuestras clínicas de proveedores funcionen sin problemas



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 12/26/2024.

PERMANENT RULES:

291-006 Discrimination Complaint Review System

- Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.

Effective 1/1/25

291-058 Structured, Intermediate Sanctions

- Amends rule to permanently adopt temporary changes to the rule which (1) incorporate legislatively mandated policies regarding the application of structured, intermediate sanctions to adults on supervision for designated drug-related misdemeanors and for designated person misdemeanors; (2) provide a consistent statewide framework and structure for imposing structured, intermediate sanctions on adults on supervision for violation of supervision conditions; (3) incorporate changes in terminology used by the department and community corrections agencies to refer to adults on supervision; and (4) update definitions, supervision and reporting form titles, and the Administrative Sanctions Sanctioning Grid and Sanction Equivalency Table.

Effective 1/22/25



From the Administrative Rules Program:

Below is the list of status changes made to DOC administrative rules since 12/26/2024.

291-109 Grievance Review System

- Amends rule to provide that PREA-related reports will be exempted from the department's grievance and discrimination complaint systems and will be separately investigated outside of those systems. The amended rule is needed to simplify and clarify the process for AICs who are seeking to report a PREA-related issue and may choose to do so by making that report through the grievance or discrimination complaint review systems.

Effective 1/1/25

291-180 Interstate Compact

- Amends rule to align with state statute (ORS 144.600) regarding Oregon's participation in the Interstate Compact for Adult Offender Supervision (ICAOS); clarify Purpose statement by adding reference to the enabling legislation establishing Oregon's participation in the ICAOS; make changes for consistency throughout these rules and change "offender" to "adult on supervision" to align with department philosophy; adopt definitions for these rules; reorganize for clarity; make non-substantive edits (such as, capitalization); update Extradition Services mailing address, and update statutory authority.

Effective 1/14/25



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

BECK	SCARLETT
BESS	SILVERMIST
BOBBIN	SLATE
BOBBLE	SLED
BUCK	SLUSH
CHLOE	SPIKE
CLANK	SWEETPEA
CLARION	TABBY
DEWEY	TERENCE
DULCIE	TINKERBELL
ELIXA	VIDIA
FAWN	VIOLA
FERN	WISP
FIRA	ZARINA
GARY	ZEPHYR
GINGER	
GLIMMER	
GLISS	
IRIDESSA	
IVY	
KIT	
LILAC	
LILY	
LUMINA	
LYRIA	
MARINA	
MARY	
MENDY	
MILORI	
NYX	
PERIWINKLE	
PRILLA	
RANI	
ROSETTA	
RUMBLE	

WILDLAND FIRE FIGHTER



Each year the Department of Corrections partners with Oregon Department of Forestry to develop Adult in Custody wildland fire fighter teams to assist with fire suppression efforts across Oregon.

ODF provides accredited S130-190 Wildland fire fighter training to those that qualify. This certification can be used to assist in gaining employment after release with various fire-fighting companies throughout Oregon.

WCCF Qualifications

- Classification Level 1, Unfenced
- Release date after August 31, 2025
- Must pass medical screening
- Conduct history, program compliance and staff input will be considered
 - 12 months major misconduct free
 - 6 months no program fails

Pre-qualified candidates must pass the Pack Test (Walk 3 miles with 45-pound pack in 45 minutes). If you are approved through Health Services and Dental, you will be required to pass the Pack test prior to receiving CPR/first aid training or fire fighter training.

Benefits:

- Working outdoors in a natural setting as part of a team assisting the Oregon Department of Forestry in maintaining healthy forests and protecting them from wildland fires.
- You receive a certificate of program completion and a job skill in the wildland fire fighting field.
- You may be deployed as part of a fire suppression crew or camp support which could include food service duties.
- PRAS = Camp Support 14; Fire Suppression 17
- Meritorious Award of \$12.50 per day while deployed to a fire, plus
- General Savings bonus of \$12.50 per day while deployed to a fire

Submit a work application addressed to “IWP FIRE”

By March 29, 2025

*There will be a limited number of seats available for the Wildland Fire Chainsaw training. If you are interested in chainsaw training, write “**Interested in Chainsaw Training**” at the top of the application.*

Clothing Exchange

All clothing to exchange must be clean. If you need a different size or your clothing is torn or otherwise broken, you can exchange it. Fill out a clothing exchange kyte explaining what you need and why. If you turn in a pair of pants that have a broken zipper, but don't explain what is wrong with them they will just be returned to you. Make sure you fill out the kyte completely. Your name, SID number, and bunk must be on the front of the kyte so the Tailors know where to return the bag to when the items are exchanged. Inside the kyte needs to also have your name and SID number, where you work, what you need, and why you are exchanging the item. You need to indicate what size of shoes, pants, coat, etc. you are wanting returned to you. Take your exchange items to the Officer's station and ask for a bag to put them in. Put your clothing and the kyte in the clothing exchange bag, most bags have a pocket on the outside for the kyte. Please don't tie the bag tight, it is hard on the bag and my fingers.

If your underwear are lost in the wash or any other way, you need to get them replaced by your unit officer with used underwear. All new underwear and socks are 1x1 exchange. If you wear out socks or underwear you can exchange them 1x1 through the clothing exchange bags. If you lose socks, they will be replaced with used socks.

For belts, since you must wear a belt, don't put it in the bag. You will be expected to send in your broken belt in a clothing exchange bag when you get the new one. We do not carry belt buckles, all belts are Velcro, when it wears out request a new belt.

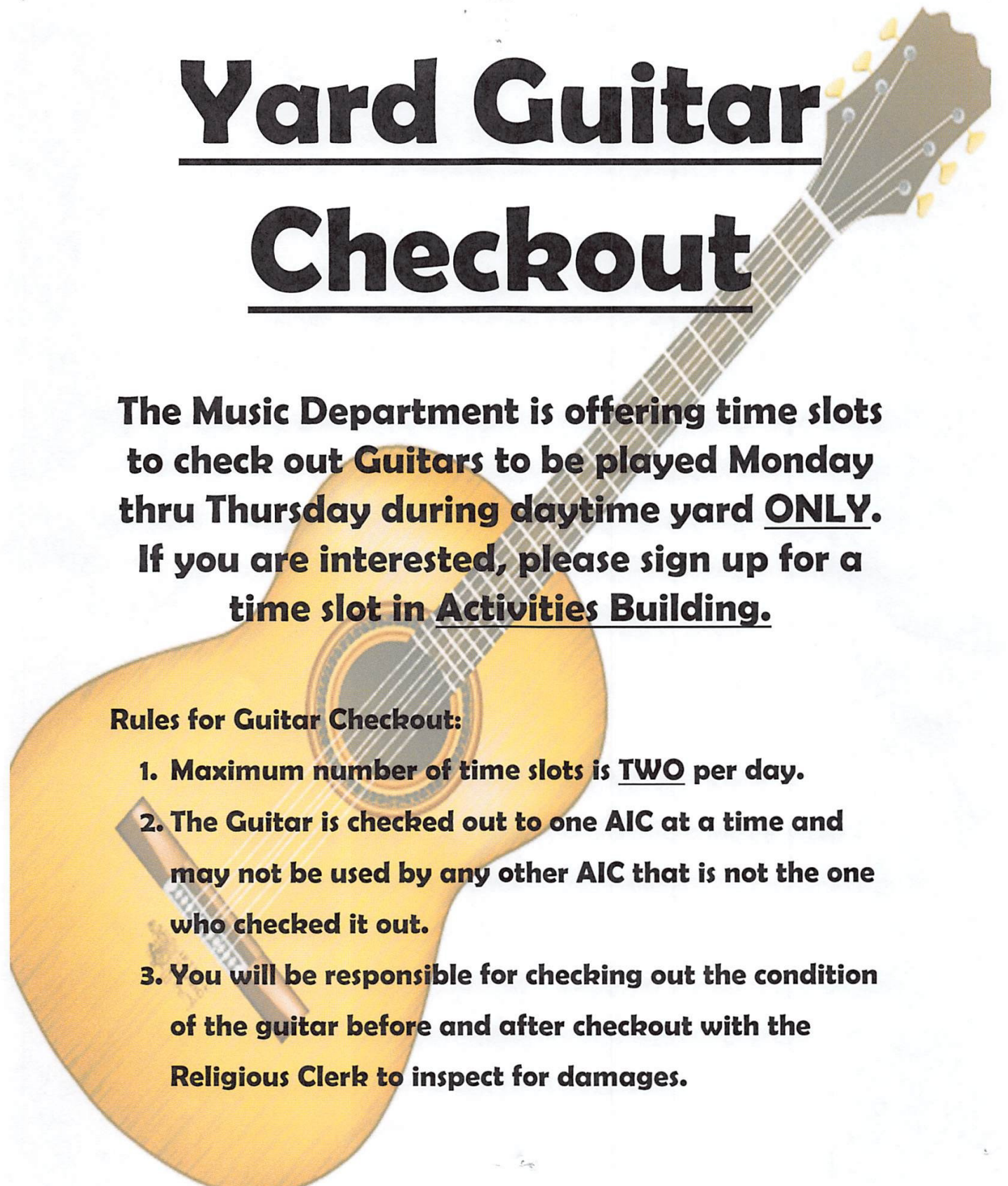
State issue shoes and boots. If your shoes wear out you can exchange them 1x1 and wear your boots, you will get your shoes back the same day. Same with boots. All boots are issued with insoles, if you return boots without insoles or laces you will receive a Misconduct Report for damaging State Property. If the insoles or laces are worn out turn the boots or shoes in to have them replaced. **You will not be issued state shoes or boots if you already have your own.**

If you request special clothing such as a specific color of pants etc. your bag will be returned with the items not exchanged. You can exchange items for the reason of wear and tear, broken zipper, missing buttons, etc. We don't have time to search the shelf for just the right item for every exchange.

Authorized State Clothing (One bag every 2 Weeks only)

3 pair blue jeans	2 towels
1 blue long sleeve shirts 2 padlocks	1 coat {1 pair athletic shorts}
5 T-shirts	1 pillowcase
5 pair underwear	1 stocking cap
8 pair socks	{1 pair of tennis shoes}
2 sets thermal underwear	1 belt
2 laundry bags	{1 pair work boots}
2 blue sweatshirt	{1 pair shower shoes}

{Bracketed items are issued only if you don't have personal items.}



Yard Guitar **Checkout**

The Music Department is offering time slots to check out Guitars to be played Monday thru Thursday during daytime yard ONLY.

If you are interested, please sign up for a time slot in Activities Building.

Rules for Guitar Checkout:

- 1. Maximum number of time slots is TWO per day.**
- 2. The Guitar is checked out to one AIC at a time and may not be used by any other AIC that is not the one who checked it out.**
- 3. You will be responsible for checking out the condition of the guitar before and after checkout with the Religious Clerk to inspect for damages.**

- 4. You will be responsible for ALL damages to the guitar while checked out during your time slot.**
- 5. You are not allowed to remove, alter, or change any piece of the equipment without the consent of the Chaplain.**
- 6. Any broken guitar strings MUST be reported to the Chaplain/Programs Officer as soon as possible. Broken strings and all pieces of damaged equipment MUST be turned into Chaplain/Programs Officer.**
- 7. Guitars are NOT allowed to be taken to the Housing Units or the Activities Building.**
- 8. Guitars will NOT be checked out to you during rainy or snowy weather regardless of sign-up.**
- 9. You are NOT allowed to check out a guitar if you already own a personal guitar.**
- 10 You are NOT allowed to “sell off” or give away your time slot to another AIC. Failure to show up during your scheduled time will go as unused time.**

SIGN UP IN ACTIVITIES BUILDING FOR THE FOLLOWING DAY AND ON THE DAY OF THE RENTAL, CHECK IN WITH THE PROGRAMS OFFICER DURING YOUR ALLOTTED TIME SLOT, AND PICK UP THE GUITAR FROM THE CHAPEL. THERE ARE CURRENTLY ONLY 3 GUITARS AVAILABLE FOR CHECKOUT.

March Education Dates

March 11	GED testing
March 13	GED testing
March 19	Last day of winter quarter
March 20	Student incentive move and popcorn!
March 21	Tutor feed and movie
March 24	Start of spring quarter
March 25	GED testing
March 27	GED testing

Education Library *Book of the Month*

200.VAG.99.001 “Where the Forest Meets the Stars” by Glendy Vanderah

After the loss of her mother and her own battle with breast cancer, Joanna Teale returns to her graduate research on nesting birds in rural Illinois. She throws herself into her work from dusk to dawn, until her solitary routine is disrupted by the appearance of a mysterious child who shows up at her cabin barefoot and covered in bruises. The girl calls herself Ursa, and she claims to have been sent from the stars to witness five miracles.

As the summer nears an end and Ursa gets closer to her fifth miracle, her dangerous past closes in. When it finally catches up to them, all of their painful secrets will be forced into the open, and their fates will be left to the stars.

Independent Study of the Month

Algebra II

This course starts with a review of concepts from Algebra I. You'll learn how to sharpen your problem-solving skills in linear and quadratic equations and then work your way up to conic sections, roots and radicals, exponential and logarithmic functions, and elementary probability. As you gain confidence by working through problems with Prof. Sellers, you will see that the ideas behind algebra are wonderfully interconnected, that there are often several routes to a solution, and that the concepts and procedures discussed have a host of applications. In the second half of the course, you will progress to performing complex operations on polynomials. You'll become adept at working with conic sections, roots and radicals, and exponential and logarithmic functions. As with so many tools in algebra, these concepts are simple, but their applications are powerful...

Water, Water

Most of the world's population lives within 200 miles of an ocean. Most of the world's largest cities are either on a coast or next to a river. It's because boats are much older than cars and trains. We've used rivers to connect ourselves for a long, long time. Not all rivers are navigable, and many cities grew up where rapids or waterfalls stopped boats from going further upstream. A watermill would harness the power of the falling water, thus beginning a settlement. There's even "The Fall Line" cities on the East Coast. Pick a city not on the coast, and you're likely to find a river nearby. Pick a city on the coast, and you're likely to find a good harbor nearby (since boats don't pull up on beaches). And canals and "portage" prove the importance of waterways. Canals connect waterways, and portage is when people dragged boats from one river/waterway to another, before canals. Here are some of America's largest cities, and the waterway that made each place a good location:

New York: Where the *Hudson River* meets the *Atlantic Ocean*. (The *Erie Canal* connected the Great Lakes to the *Hudson*, connecting Great Lake cities Chicago, Milwaukee, Detroit, Cleveland, and Buffalo to **New York**.)

Los Angeles: On the Pacific coast, with a good harbor at Long Beach.

Chicago: On *Lake Michigan*. The *Erie Canal* made Chicago the center of the Midwest Agriculture industry, receiving Iowa corn and Texas cattle.

Houston: The *Trinity*, *Brazos* & *San Jacinto Rivers* enter the *Gulf of Whatever*.

Phoenix: The *Salt*, *Gila* & *Colorado Rivers*. Phoenix couldn't be so big if the *Colorado R* hadn't been dammed (who built that?) to provide water and power.

Philadelphia: The *Schuylkill River*, on The Fall Line, and to the Atlantic.

San Diego: On the Pacific coast with a great bay and harbor.

Dallas: The *Trinity River*, which also ends up in the *Gulf of Whatever*.

Austin: The Texas version of the *Colorado River* flows through Austin.

San Francisco: With San Jose and Oakland, they're all on *San Francisco Bay*, which connects the Central Valley's *San Joaquin* and *Sacramento Rivers* to the Pacific.

Columbus: The *Scioto River* flows into the *Ohio River* (to the *Miss R* to the *Gulf*)

Charlotte: A Fall Line City near the *Catawba River* (and to the Atlantic)

Washington DC: The Capital was built where the *Potomac River* meets Chesapeake Bay. (Baltimore is on that Bay, too)

St. Louis: Where the *Missouri River* joins the *Mississippi River*.

Nashville: *Cumberland R.* Knoxville & Chattanooga are on the *Tennessee R.*

Portland isn't on the coast even though its name seems like it should be. It's where the *Willamette River* joins the *Columbia*. Most of Oregon's population is in the *Columbia* and *Willamette River* Valleys. **Ontario** is on the *Snake River* and **La Grande** gets its name from the *Grande Ronde River*, which flows into the *Snake*.

Even "Mile High" **Denver** is on the *South Fork of the Platte River*, which flows into the *Missouri R* which flows into the *Mississippi R*.

Las Vegas, like Phoenix, couldn't even exist without damming up the nearby *Colorado River*, which provides all the energy (A/C in the desert) AND water for all the hotel fountains, toilets, and pools before watering our lettuce in the Imperial Valley down river. No wonder that giant river doesn't even reach Mexico anymore. (Map crowd: the entire Baja Peninsula and Gulf of California were created by the Colorado – as well as the Grand Canyon - but now the water keeps unsustainable desert cities going instead of letting its flow create cool nature.)

The *Arkansas River* has Pueblo CO, Dodge City and Wichita KS, Tulsa OK and Fort Smith and Little Rock AR.

The *Platte River* has Denver CO, Casper WY and Omaha NE. (And the Oregon Trail)

The *Rio Grande* has Sante Fe & Albuquerque NM, El Paso & the whole TX border.

The *Missouri River* has the capitals of MT, ND, SD & MO, Omaha (also), Kansas City and St. Louis.

The *Mississippi River* has Minneapolis, St Louis (also), Memphis and New Orleans.

The *Ohio River* has Pittsburgh, Cincinnati and Louisville before joining the *Miss R*.

And those are just the larger cities on the larger rivers...it keeps going with the smaller ones: Rockford, IL is on the *Rock River*, where you can "ford" (cross) it. Boise is on the *Snake* and Grants Pass is on the *Rogue River*.

Klamath Falls (*Klamath River*), Great Falls (*Missouri River*) Grand Rapids (*Grand River*) and Cedar Rapids (*Cedar River*) all got their names from what happens to the rivers in those places, which made them ideal for setting up a water mill.

Not only is nearly every city in Oregon near a waterway, aren't several of the prisons named after one (or Two Rivers)? *Warner Creek* and the *Snake* and *Columbia Rivers* also come to mind, again...

"Water, water everywhere, but not a drop to drink" – Rhyme of the Ancient Mariner

March Word Search

Imperialterrace

Donneybrook

Shillelagh

Leprechaun

Tradition

Celebrate

Shamrock

Mischief

Limerick

Rainbow

Ireland

Fortune

Emerald

Blarney

Banshee

Bagpipe

Gaelic

Clover

Celtic

Brogue

Magic

Irish

Green

Luck

Gold

Jig

Bac



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

ODOC Health Services presents: An EHR Short-Story



...there was a man named Mr. T. He had some health problems, but luckily, Health Services at the Oregon Department of Corrections had a special computer system called an Electronic Health Record (EHR) to help the doctors, nurses, dentists, and BHS work together.



One day, Mr. T had a really bad toothache, so he went to see the dentist, Dr. Larkin. Dr. Larkin looked at Mr. T's electronic health record (EHR) and saw that he had a lot of cavities in the past. He made a plan to fix Mr. T's teeth and asked the rest of the healthcare team to help.



Dr. Larkin talked to Nurse Ana. Together, they noticed that Mr. T was scheduled for sick call because of headaches and feeling tired. Nurse Ana met with Mr. T and updated the EHR with this new information. She thought it was important for Dr. Patel, the main doctor, to check it out.

Dr. Patel read the updated EHR and thought that Mr. T's tooth problems might be causing his other symptoms. She spoke with Dr. Larkin and Nurse Ana, and they decided to do some tests to make sure everything was okay with Mr. T.



Around the same time, BHS Martin met with Mr. T because he was anxious and sad. After looking at the EHR she saw that Mr. T had been recently seen by Dental and Medical and she knew pain can affect feelings. BHS Martin helped Mr. T find ways to feel better.

Thanks to the EHR system, everyone could share information and work together. Mr. T's dental issues were treated, his headaches went away, and he felt happier. The EHR helped make sure Mr. T got the care he needed.

ODOC Servicios de Salud presenta: Una breve historia de EHR

ÉRASE UNA VEZ...

...un hombre llamado Sr. T. Tenía algunos problemas de salud, pero, por suerte, los Servicios de Salud del Departamento Correccional de Oregon tenían un sistema informático especial llamado Historia Clínica Electrónica (EHR, por sus siglas en inglés) para ayudar a los médicos, enfermeras, dentistas y BHS a trabajar juntos.



Un día, el Sr. T tuvo un fuerte dolor de muelas, así que fue a ver al dentista. El Dr. Larkin revisó la historia clínica electrónica del Sr. T y vio que había tenido muchas caries en el pasado. Elaboró un plan para arreglar los dientes del Sr. T y pidió al resto del equipo de atención médica que lo ayudaran.



El Dr. Larkin habló con la enfermera Ana. Juntos, notaron que el Sr. T tenía una cita programada por dolores de cabeza y cansancio. La enfermera Ana se reunió con el Sr. T y actualizó el EHR con esta nueva información. Pensó que era importante que el Dr. Patel, el médico principal, lo revisara.

El Dr. Patel leyó el EHR actualizado y pensó que los problemas dentales del Sr. T podrían estar causando otros de sus síntomas. Habló con el Dr. Larkin, la enfermera Ana, y decidieron hacer algunas pruebas para asegurarse de que todo estuviera bien con el Sr. T.



En ese mismo momento, la especialista de BHS Martin se reunió con el Sr. T porque estaba ansioso y triste. Después de revisar el EHR, vio que el Sr. T había sido atendido recientemente por el departamento de Odontología y Medicina, y sabía que el dolor puede afectar las emociones. La especialista de BHS Martin ayudó al Sr. T a encontrar formas de sentirse mejor.

Gracias al sistema EHR, todos pudieron compartir información y trabajar juntos. Los problemas dentales del Sr. T fueron tratados, sus dolores de cabeza desaparecieron y se sintió más feliz. El EHR contribuyó a asegurar que el Sr. T recibiera la atención que necesitaba.

LAW LIBRARY

UPDATES

****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 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

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

MARCH SUDOKU

Food Handlers

Food handler testing is April 3rd and May 8th. Fire crew season is coming, it would be a good idea for anyone interested to have their food handler card. Seats are limited now. 24 open spots for testing at a time. If you want to participate in fire crew you should sign up for testing now. If you are releasing and want a food handler card or to renew it and have 3 years before expiration, you need to test 8 week before your release date.

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

Indigent Paper

Please kyte Ms. Cobian for indigent paper.

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	Monday 10/21/2024	Tuesday	Wednesday	Thursday 10/24/2024	Friday 10/25/2024	Saturday	Sunday
Breakfast	Oatmeal (0.0 mg) Canned Fruit (0.0 mg) Pancakes (105.8 mg) Peanut Butter (0.0 mg) Maple Syrup (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Fried Egg (421.8 mg) Refried Beans (0.0 mg) Ranchero Sauce (0.0 mg) White Flour Tortilla (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg)	Multigrain Hot Cereal (0.0 mg) Canned Fruit (0.0 mg) Fried Egg (210.9 mg) Cheese Slice (10.0 mg) English Muffin (19.4 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Poultry Sausage (48.0 mg) French Toast (146.6 mg) Maple Syrup (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Farina (0.0 mg) Canned Fruit (0.0 mg) *Ham & Cheese Scramble (365.4 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Oatmeal (0.0 mg) Fresh Fruit (0.0 mg) Hard Boiled Egg (210.9 mg) Breakfast Pastry (23.9 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Canned Fruit (0.0 mg) Scrambled Eggs (333.4 mg) Poultry Sausage (48.0 mg) Fried Potatoes (0.0 mg) Wheat Toast (0.0 mg) Jelly (0.0 mg) Margarine (0.0 mg)
	Total - 114.9 mg	Total - 430.9 mg	Total - 249.4 mg	Total - 203.7 mg	Total - 374.5 mg	Total - 243.9 mg	Total - 390.5 mg
	Tomato Soup (0.0 mg) Grilled Cheese Sandwich on Wheat (40.0 mg) Broccoli (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Coleslaw (4.0 mg) *Barbeque Pork (79.4 mg) Wheat Hoagie Roll (0.0 mg) Macaroni & Cheese (22.7 mg) Green Beans (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	*Soup of the Day (14.2 mg) Tuna Salad (37.2 mg) Shredded Lettuce (0.0 mg) Wheat Hoagie Roll (0.0 mg) Blended Vegetables (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Asian Cabbage Salad (0.0 mg) Beef & Broccoli (36.0 mg) Brown Rice (0.0 mg) Stir-Fry Vegetables (0.0 mg) Milk Roll (0.4 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Taco Salad with Meat (51.3 mg) Seasoned Beans (0.0 mg) Shredded Cheese (22.2 mg) Salsa (0.0 mg) Salad Dressing (8.3 mg) Spanish Rice (0.0 mg) Tortilla Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	*Soup of the Day (14.9 mg) *Meat & Cheese Sandwich on Wheat (47.4 mg) Shredded Lettuce (0.0 mg) Mayo & Mustard (2.3 mg) Blended Vegetables (0.0 mg) Chips (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Chicken Quarter (182.3 mg) Mashed Potatoes (0.3 mg) Poultry Gravy (0.0 mg) Peas (0.0 mg) Wheat Dinner Roll (0.1 mg)
Lunch	Total - 40.0 mg	Total - 106.1 mg	Total - 51.4 mg	Total - 36.4 mg	Total - 81.8 mg	Total - 64.6 mg	Total - 189.8 mg
	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Salisbury Steak (97.8 mg) Mashed Potatoes (0.3 mg) Beef Gravy (0.0 mg) Peas (0.0 mg) Wheat Dinner Roll (0.1 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Ranch Style Chili (53.0 mg) Baked Potato (0.0 mg) Sour Cream (16.7 mg) Green Beans (0.0 mg) Cornbread (29.0 mg) Margarine (0.0 mg) Pudding (2.3 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) *Pizza (choice) (92.3 mg) Blended Vegetables (0.0 mg) Choice Dessert (52.4 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Beef Stew (45.0 mg) Brown Rice (0.0 mg) Cauliflower (0.0 mg) Wheat Dinner Roll (0.1 mg) Margarine (0.0 mg) Choice Cookie (19.1 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Chicken Marinara (92.7 mg) Pasta (0.0 mg) Carrots (0.0 mg) Focaccia Bread (0.0 mg) Tea (0.0 mg)	Texas Slaw (2.2 mg) Burrito Meat (79.7 mg) Refried Beans (0.0 mg) Shredded Cheese (22.2 mg) Lemon Cilantro Rice (0.0 mg) Salsa (0.0 mg) Whole Wheat	Total - 104.1 mg
	Total - 256.5 mg	Total - 93.7 mg	Total - 100.2 mg	Total - 148.8 mg	Total - 68.3 mg	Total - 94.2 mg	Total - 684.4 mg
Dinner	Total - 101.6 mg	Total - 93.7 mg	Total - 100.2 mg	Total - 148.8 mg	Total - 68.3 mg	Total - 94.2 mg	Total - 104.1 mg
	256.5 mg	93.7 mg	100.2 mg	148.8 mg	68.3 mg	94.2 mg	104.1 mg
	256.5 mg	93.7 mg	100.2 mg	148.8 mg	68.3 mg	94.2 mg	104.1 mg
Total	256.5 mg	630.7 mg	401.0 mg	388.9 mg	524.6 mg	402.7 mg	684.4 mg

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	Monday 10/28/2024	Tuesday	Wednesday	Thursday	Friday 11/1/2024	Saturday	Sunday 11/3/2024
Breakfast	Oatmeal (0.0 mg)	Dry Cereal (0.0 mg)	Farina (0.0 mg)	Dry Cereal (0.0 mg)	Oatmeal (0.0 mg)	Multigrain Hot Cereal (0.0 mg)	Fresh Fruit (0.0 mg)
	Canned Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Canned Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Canned Fruit (0.0 mg)	Canned Fruit (0.0 mg)	Scrambled Eggs (333.4 mg)
	Fried Egg (210.9 mg)	Veggie & Cheese Scramble (358.9 mg)	Sausage Gravy (39.3 mg)	Peanut Butter (0.0 mg)	Scrambled Eggs (476.3 mg)	Yogurt (10.0 mg)	*Pork Bacon (44.9 mg)
	Cheese Slice (10.0 mg)	Wheat Toast (0.0 mg)	Biscuit (0.5 mg)	Maple Syrup (0.0 mg)	Scone (24.6 mg)	Breakfast Pastry (24.0 mg)	Fried Potatoes (0.0 mg)
Lunch	Bagel (0.0 mg)	Margarine (0.0 mg)	Fried Potatoes (0.0 mg)	Skim Milk (9.1 mg)	Jelly (0.0 mg)	Wheat Toast (0.0 mg)	Wheat Toast (0.0 mg)
	Fried Potatoes (0.0 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Margarine (0.0 mg)	Skim Milk (9.1 mg)	Jelly (0.0 mg)
	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Margarine (0.0 mg)
	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Sugar PC (0.0 mg)	Sugar PC (0.0 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Skim Milk (9.1 mg)
Dinner	Sugar PC (0.0 mg)		Coffee (0.0 mg)		Sugar PC (0.0 mg)		Coffee (0.0 mg)
	Total - 230.0 mg	Total - 368.0 mg	Total - 48.9 mg	Total - 13.0 mg	Total - 510.0 mg	Total - 43.1 mg	Total - 387.4 mg
	Potato Soup (2.0 mg)	Coleslaw (4.0 mg)	*Soup of the Day (14.2 mg)	Bean Soup (0.0 mg)	Texas Slaw (2.2 mg)	*Soup of the Day (14.2 mg)	Lettuce Salad (0.0 mg)
	*Meat & Cheese Sandwich on Wheat (47.4 mg)	Tuna Noodle Casserole (51.5 mg)	Chicken-Lettuce Salad (62.1 mg)	*Grilled Ham & Cheese Sandwich on Wheat (52.3 mg)	Cincinnati Chili (42.4 mg)	Chicken Salad (44.2 mg)	Salad Dressing (3.4 mg)
Total	Shredded Lettuce (0.0 mg)	Blended Vegetables (0.0 mg)	Sliced Onions (0.0 mg)	Peas (0.0 mg)	Shredded Cheese (22.2 mg)	Shredded Lettuce (0.0 mg)	Roast Turkey (68.0 mg)
	Mayo & Mustard (2.3 mg)	Wheat Bread (0.0 mg)	Shredded Cheese (22.2 mg)	Chips (0.0 mg)	Sliced Onions (0.0 mg)	Wheat Hoagie Roll (0.0 mg)	Poultry Gravy (0.0 mg)
	Green Beans (0.0 mg)	Fresh Fruit (0.0 mg)	Salad Dressing (8.3 mg)	Fresh Fruit (0.0 mg)	Spaghetti (0.0 mg)	Blended Vegetables (0.0 mg)	Mashed Potatoes (0.3 mg)
	Chips (0.0 mg)	Fortified Drink (0.0 mg)	Broccoli (0.0 mg)	Fortified Drink (0.0 mg)	Broccoli (0.0 mg)	Chips (0.0 mg)	Green Beans (0.0 mg)
Total	Fresh Fruit (0.0 mg)		Wheat Dinner Roll (0.1 mg)		Cornbread (29.0 mg)	Fresh Fruit (0.0 mg)	Wheat Bread (0.0 mg)
	Fortified Drink (0.0 mg)				Margarine (0.0 mg)	Fortified Drink (0.0 mg)	Margarine (0.0 mg)
	Total - 51.7 mg	Total - 55.5 mg	Total - 106.9 mg	Total - 52.3 mg	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Frosted Cake (0.0 mg)
	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Fortified Drink (0.0 mg)	Fortified Drink (0.0 mg)	Fortified Drink (0.0 mg)
Total	Salad Dressing (4.1 mg)	Salad Dressing (3.4 mg)	Salad Dressing (1.5 mg)	Salad Dressing (1.5 mg)	Total - 95.8 mg	Total - 58.4 mg	Total - 71.7 mg
	Chicken Quesadilla (85.7 mg)	Sloppy Joe (85.4 mg)	Meat Loaf (143.3 mg)	Cheese Pizza (44.3 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)
	Salsa (0.0 mg)	Wheat Burger Bun (12.9 mg)	Baked Potato (0.0 mg)	Blended Vegetables (0.0 mg)	Salad Dressing (1.7 mg)	Salad Dressing (4.1 mg)	Salad Dressing (4.1 mg)
	Sour Cream (16.7 mg)	Carrots (0.0 mg)	Sour Cream (16.7 mg)	Choice Dessert (52.4 mg)	Chicken & Rice Casserole (83.3 mg)	Beef Enchilada Casserole (90.0 mg)	Meat Sauce (53.1 mg)
Total	Brown Rice (0.0 mg)	Seasoned Potatoes (0.0 mg)	Green Beans (0.0 mg)	Tea (0.0 mg)	Carrots (0.0 mg)	Brown Rice (0.0 mg)	Spaghetti (0.0 mg)
	Zucchini (0.0 mg)	Ketchup (0.0 mg)	Total - 161.5 mg	Total - 98.2 mg	Wheat Bread (0.0 mg)	Seasoned Beans (0.0 mg)	Cauliflower (0.0 mg)
	Tea (0.0 mg)	Total - 106.5 mg	Total - 141.2 mg	Total - 163.5 mg	Margarine (0.0 mg)	Tea (0.0 mg)	Garlic Margarine (0.0 mg)
	Total - 388.2 mg	Total - 564.7 mg	Total - 317.3 mg	Total - 163.5 mg	Gelatin & Whip	Fresh Fruit (0.0 mg)	Fresh Fruit (0.0 mg)
Total					Total - 85.0 mg	Total - 94.1 mg	Total - 57.2 mg
					690.8 mg	195.6 mg	516.3 mg

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek

Correctional Facility

	Monday 11/4/2024	Tuesday 11/5/2024	Wednesday	Thursday	Friday	Saturday	Sunday 11/10/2024
Breakfast	Oatmeal (0.0 mg) Canned Fruit (0.0 mg) Pancakes (105.8 mg) Peanut Butter (0.0 mg) Maple Syrup (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Fried Egg (421.8 mg) Refried Beans (0.0 mg) Ranchero Sauce (0.0 mg) White Flour Tortilla (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Multigrain Hot Cereal (0.0 mg) Canned Fruit (0.0 mg) Fried Egg (210.9 mg) Cheese Slice (10.0 mg) English Muffin (19.4 mg) Fried Potatoes (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Poultry Sausage (48.0 mg) French Toast (146.6 mg) Maple Syrup (0.0 mg) Margarine (0.0 mg)	Farina (0.0 mg) Canned Fruit (0.0 mg) *Ham & Cheese Scramble (365.4 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Oatmeal (0.0 mg) Fresh Fruit (0.0 mg) Hard Boiled Egg (210.9 mg) Breakfast Pastry (23.9 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Canned Fruit (0.0 mg) Scrambled Eggs (333.4 mg) Poultry Sausage (48.0 mg) Fried Potatoes (0.0 mg) Wheat Toast (0.0 mg) Jelly (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)
	Total - 114.9 mg	Total - 430.9 mg	Total - 249.4 mg	Total - 203.7 mg	Total - 374.5 mg	Total - 243.9 mg	Total - 390.5 mg
	Lentil Soup (0.0 mg) Barbeque Chicken (92.7 mg) Wheat Hoagie Roll (0.0 mg) Brown Rice (0.0 mg) Blended Vegetables (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	*Soup of the Day (14.2 mg) Tuna Melt Sandwich on Wheat (46.3 mg) Potato Salad (45.8 mg) Peas & Carrots (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Coleslaw (4.0 mg) Hot Turkey Sandwich on Wheat (68.0 mg) Poultry Gravy (0.0 mg) Mashed Potatoes (0.3 mg) Carrots (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Vegetable Soup (0.0 mg) Chicken-Lettuce Salad (62.1 mg) Sliced Onions (0.0 mg) Shredded Cheese (22.2 mg) Salad Dressing (8.3 mg) Broccoli (0.0 mg) Wheat Dinner Roll (0.1 mg)	*Soup of the Day (14.9 mg) *Meat & Cheese Sandwich on Wheat (47.4 mg) Shredded Lettuce (0.0 mg) Mayo & Mustard (2.3 mg) Peas (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg)	Texas Slaw (2.2 mg) Beef Fajita Mix (60.0 mg) Onions & Bell Peppers (0.0 mg) Salsa (0.0 mg) Whole Wheat Tortilla (0.0 mg) Spanish Rice (0.0 mg) Fresh Fruit (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Chicken Quarter (182.3 mg) Mashed Potatoes (0.3 mg) Poultry Gravy (0.0 mg) Peas (0.0 mg) Wheat Dinner Roll (0.1 mg) Margarine (0.0 mg) Ice Cream Cup (5.0 mg) Fortified Drink (0.0 mg)
Lunch	Total - 92.7 mg	Total - 106.3 mg	Total - 72.3 mg	Total - 92.7 mg	Total - 64.6 mg	Total - 62.2 mg	Total - 191.8 mg
	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Beef Stroganoff (77.1 mg) Pasta (0.0 mg) Broccoli (0.0 mg) Wheat Bread (0.0 mg) Margarine (0.0 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Chicken & White Bean Chili (66.3 mg) Shredded Cheese (22.2 mg) Brown Rice (0.0 mg) Green Beans (0.0 mg) Cornbread (29.0 mg) Margarine (0.0 mg) Choice Cookie (19.1 mg)	Canned Fruit (0.0 mg) Creamed Ground Beef (64.9 mg) Fried Potatoes (0.0 mg) Biscuit (0.5 mg) Margarine (0.0 mg) Coffee (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) *Pizza (choice) (92.3 mg) Blended Vegetables (0.0 mg) Choice Dessert (52.4 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Cheeseburger (60.2 mg) Onions & Pickles (0.0 mg) Wheat Burger Bun (12.9 mg) Green Beans (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.7 mg) *Jambalaya (70.2 mg) Blended Vegetables (0.0 mg) Wheat Bread (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Macaroni & Cheese (37.8 mg) Cauliflower (0.0 mg) French Bread (0.0 mg) Margarine (0.0 mg) Fresh Fruit (0.0 mg) Tea (0.0 mg)
	Total - 81.2 mg	Total - 140.7 mg	Total - 65.4 mg	Total - 148.8 mg	Total - 164.0 mg	Total - 71.9 mg	Total - 41.2 mg
Dinner	288.8 mg	677.9 mg	387.1 mg	445.2 mg	603.1 mg	378.0 mg	623.5 mg
Total	288.8 mg	677.9 mg	387.1 mg	445.2 mg	603.1 mg	378.0 mg	623.5 mg

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	Monday 11/11/2024	Tuesday 11/12/2024	Wednesday	Thursday	Friday	Saturday	Sunday 11/17/2024
Breakfast	Oatmeal (0.0 mg) Canned Fruit (0.0 mg) Fried Egg (210.9 mg) Cheese Slice (10.0 mg) Bagel (0.0 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Veggie & Cheese Scramble (358.9 mg) Wheat Toast (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Farina (0.0 mg) Canned Fruit (0.0 mg) Sausage Gravy (39.3 mg) Biscuit (0.5 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Waffles (3.9 mg) Peanut Butter (0.0 mg) Maple Syrup (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Oatmeal (0.0 mg) Canned Fruit (0.0 mg) Scrambled Eggs (476.3 mg) Scone (24.6 mg) Jelly (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg)	Multigrain Hot Cereal (0.0 mg) Canned Fruit (0.0 mg) Yogurt (10.0 mg) Breakfast Pastry (24.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Fresh Fruit (0.0 mg) Scrambled Eggs (333.4 mg) *Pork Bacon (44.9 mg) Fried Potatoes (0.0 mg) Wheat Toast (0.0 mg) Jelly (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg)
	Total - 230.0 mg	Total - 368.0 mg	Total - 48.9 mg	Total - 13.0 mg	Total - 510.0 mg	Total - 43.1 mg	Total - 387.4 mg
	Coleslaw (4.0 mg) Double Cheeseburger (110.4 mg) Onions & Pickles (0.0 mg) Mayo & Mustard (2.3 mg) Wheat Burger Bun (12.9 mg) Green Beans (0.0 mg) Seasoned Potatoes (0.0 mg) Ketchup (0.0 mg) Apple Pie (0.0 mg) Ice Cream Cup (3.0 mg)	*Soup of the Day (14.2 mg) *Meat & Cheese Sandwich on Wheat (47.4 mg) Shredded Lettuce (0.0 mg) Mayo & Mustard (2.3 mg) Peas (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Minestrone Soup (0.0 mg) Chicken Salad (44.2 mg) Shredded Lettuce (0.0 mg) Wheat Hoagie Roll (0.0 mg) Blended Vegetables (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg)	Taco Salad with Meat (51.3 mg) Seasoned Beans (0.0 mg) Shredded Cheese (22.2 mg) Salsa (0.0 mg) Salad Dressing (8.3 mg) Spanish Rice (0.0 mg) Tortilla Chips (0.0 mg) Fresh Fruit (0.0 mg)	*Soup of the Day (14.2 mg) Hot Dog (70.0 mg) Chili with Beans (0.0 mg) Shredded Cheese (22.2 mg) Sliced Onions (0.0 mg) Wheat Hoagie Roll (0.0 mg) Carrots (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Roast Turkey (68.0 mg) Breaded Fish (30.0 mg) Tartar Sauce (5.5 mg) Macaroni & Cheese (22.7 mg) Cauliflower (0.0 mg) Breadstick (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Roast Turkey (68.0 mg) Poultry Gravy (0.0 mg) Mashed Potatoes (0.3 mg) Green Beans (0.0 mg) Wheat Bread (0.0 mg) Margarine (0.0 mg) Frosted Cake (0.0 mg) Fortified Drink (0.0 mg)
	Total - 132.6 mg	Total - 63.9 mg	Total - 44.2 mg	Total - 81.8 mg	Total - 106.4 mg	Total - 62.3 mg	Total - 71.7 mg
Dinner	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Turkey Noodle Casserole (43.5 mg) Broccoli (0.0 mg) Wheat Bread (0.0 mg) Margarine (0.0 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Chicken Tortilla Stew (66.2 mg) Brown Rice (0.0 mg) Carrots (0.0 mg) Tortilla Chips (0.0 mg) Sour Cream (16.7 mg) Fruit Bar (39.5 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Meat Sauce (53.1 mg) Spaghetti (0.0 mg) Broccoli (0.0 mg) Focaccia Bread (0.0 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Cheese Pizza (44.3 mg) Blended Vegetables (0.0 mg) Choice Dessert (52.4 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.7 mg) Chicken Teriyaki (66.2 mg) Brown Rice (0.0 mg) Stir-Fry Vegetables (0.0 mg) Milk Roll (0.4 mg)	Lettuce Salad (0.0 mg) Salad Dressing (1.7 mg) Beef Patty (50.2 mg) Onions & Pickles (0.0 mg) Mayo & Mustard (2.3 mg) Wheat Burger Bun (12.9 mg)	Texas Slaw (2.2 mg) Burrito Beans (0.0 mg) Shredded Cheese (22.2 mg) Salsa (0.0 mg) Whole Wheat Tortilla (0.0 mg) Spanish Rice (0.0 mg) Fresh Fruit (0.0 mg) Tea (0.0 mg)
	Total - 45.0 mg	Total - 126.5 mg	Total - 54.6 mg	Total - 98.2 mg	Total - 68.3 mg	Total - 67.1 mg	Total - 24.4 mg
	407.6 mg	558.4 mg	147.7 mg	193.0 mg	684.7 mg	172.5 mg	483.5 mg
	Total	Total	Total	Total	Total	Total	Total

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek Correctional Facility

	Monday 11/18/2024	Tuesday 11/19/2024	Wednesday	Thursday	Friday 11/22/2024	Saturday	Sunday 11/24/2024
Breakfast	Oatmeal (0.0 mg) Canned Fruit (0.0 mg) Pancakes (105.8 mg) Peanut Butter (0.0 mg) Maple Syrup (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Scrambled Eggs (333.4 mg) Ground Beef (20.5 mg) Shredded Cheese (22.2 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Multigrain Hot Cereal (0.0 mg) Canned Fruit (0.0 mg) Hard Boiled Egg (421.8 mg) Wheat Toast (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Dry Cereal (0.0 mg) Fresh Fruit (0.0 mg) Poultry Sausage (48.0 mg) French Toast (146.6 mg) Maple Syrup (0.0 mg) Margarine (0.0 mg)	Farina (0.0 mg) Canned Fruit (0.0 mg) Veggie & Cheese Scramble (358.9 mg) Fried Potatoes (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Oatmeal (0.0 mg) Fresh Fruit (0.0 mg) Hard Boiled Egg (210.9 mg) Breakfast Pastry (23.9 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Sugar PC (0.0 mg)	Canned Fruit (0.0 mg) Scrambled Eggs (333.4 mg) Poultry Sausage (48.0 mg) Fried Potatoes (0.0 mg) Wheat Toast (0.0 mg) Jelly (0.0 mg) Margarine (0.0 mg) Skim Milk (9.1 mg) Coffee (0.0 mg) Total - 390.5 mg
Lunch	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Cheese Ravioli (64.4 mg) Marinara Sauce (0.0 mg) Peas (0.0 mg) French Bread (0.0 mg) Garlic Margarine (0.0 mg) Fresh Fruit (0.0 mg) Total - 67.8 mg	*Soup of the Day (14.9 mg) Tuna Salad (37.2 mg) Shredded Lettuce (0.0 mg) Wheat Hoagie Roll (0.0 mg) Blended Vegetables (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Fortified Drink (0.0 mg) Total - 52.1 mg	Potato Soup (2.0 mg) *Chicken-Bacon-Ranch Salad (99.0 mg) Sliced Onions (0.0 mg) Shredded Cheese (22.2 mg) Ranch Dressing (8.3 mg) Carrots (0.0 mg) Breadstick (0.0 mg) Total - 131.5 mg	Broccoli Cheese Soup (9.1 mg) Fried Egg Sandwich on Wheat (421.8 mg) Mayonnaise (2.3 mg) Green Beans (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Total - 433.2 mg	*Soup of the Day (14.9 mg) *Meat & Cheese Sandwich on Wheat (47.4 mg) Shredded Lettuce (0.0 mg) Mayo & Mustard (2.3 mg) Cauliflower (0.0 mg) Chips (0.0 mg) Fresh Fruit (0.0 mg) Total - 64.6 mg	Nacho Meat (79.7 mg) Refried Beans (0.0 mg) Cheese Sauce (9.1 mg) Lettuce Salad (0.0 mg) Salsa (0.0 mg) Tortilla Chips (0.0 mg) Zucchini (0.0 mg) Total - 88.8 mg	Lettuce Salad (0.0 mg) Salad Dressing (1.7 mg) *Roast Pork Loin (58.6 mg) Scalloped Potatoes (1.2 mg) Broccoli (0.0 mg) Wheat Dinner Roll (0.1 mg) Margarine (0.0 mg) Ice Cream Cup (3.0 mg) Total - 64.6 mg
Dinner	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Spicy Rice Casserole (59.1 mg) Green Beans (0.0 mg) Wheat Bread (0.0 mg) Margarine (0.0 mg) Tea (0.0 mg)	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) Philly Beef (45.0 mg) Cheese Sauce (9.1 mg) Onions & Bell Peppers (0.0 mg) Wheat Hoagie Roll (0.0 mg) Broccoli (0.0 mg) Seasoned Potatoes (0.0 mg) Ketchup (0.0 mg) Pudding (2.3 mg) Tea (0.0 mg) Total - 60.5 mg	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Chicken Enchilada Casserole (90.8 mg) Brown Rice (0.0 mg) Seasoned Beans (0.0 mg) Tea (0.0 mg) Total - 92.3 mg	Lettuce Salad (0.0 mg) Salad Dressing (4.1 mg) *Pizza (choice) (92.3 mg) Blended Vegetables (0.0 mg) Choice Dessert (52.4 mg) Tea (0.0 mg) Total - 148.8 mg	Lettuce Salad (0.0 mg) Salad Dressing (3.4 mg) Cheeseburger (60.2 mg) Onions & Pickles (0.0 mg) Wheat Burger Bun (12.9 mg) Carrots (0.0 mg) Seasoned Potatoes (0.0 mg) Ketchup (0.0 mg) Total - 76.5 mg	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Chicken Alfredo Sauce (66.0 mg) Spaghetti (0.0 mg) Blended Vegetables (0.0 mg) Focaccia Bread (0.0 mg) Tea (0.0 mg) Total - 67.5 mg	Lettuce Salad (0.0 mg) Salad Dressing (1.5 mg) Creole Chicken (66.2 mg) Brown Rice Pilaf (0.0 mg) Peas (0.0 mg) French Bread (0.0 mg) Margarine (0.0 mg) Fresh Fruit (0.0 mg) Tea (0.0 mg) Total - 67.7 mg
Total	243.3 mg	497.8 mg	654.7 mg	785.7 mg	509.1 mg	400.2 mg	522.8 mg

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