



Warner Creek Trails

MARCH 2025

WARNER CREEK TRAILS

VOLUME 25 ISSUE 3

MARCH

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 feast-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.*

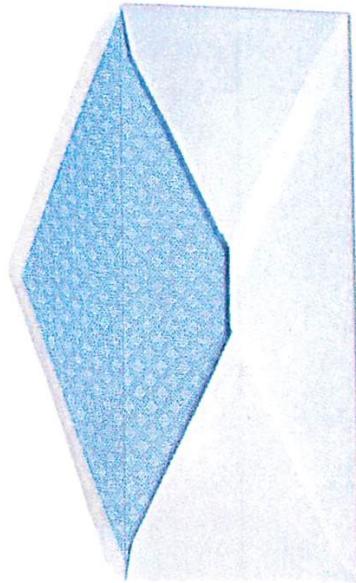
Bleak winds assault us all around; Dances aloft, or skims the ground: See the school-boy—his hat in hand, While on the path he scarce can stand

RETURN TO SENDER

Envelope: Security Features Present

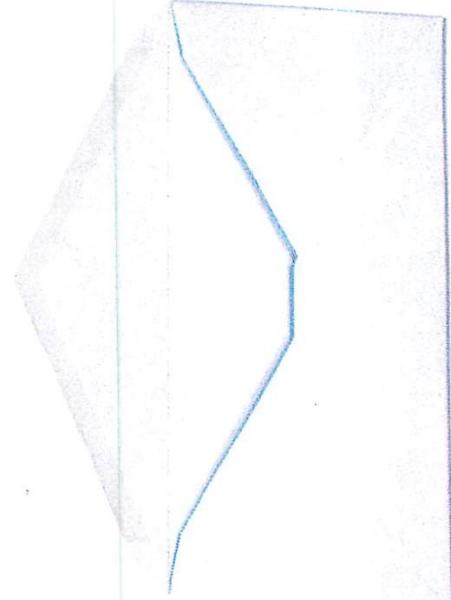
Examples of items that will be refused:

- ♦ 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)



RETURN TO SENDER

Envelope: Security Features Present



Approved — all white inside and out

EXAMPLE

Name: _____

Date: _____

March

Crossword



Across

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



Down

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



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	
GLISS	
GLIMMER	
TRIDESSA	
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 kytic 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 kytic completely. Your name, SID number, and bunk must be on the front of the kytic so the Tailors know where to return the bag to when the items are exchanged. Inside the kytic 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 kytic in the clothing exchange bag, most bags have a pocket on the outside for the kytic. 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 ALLOTED 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 pop-corn!**
- 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 *Schuykill 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	O	L
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	CH	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	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 Oregón 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 Haveli in the Law Library by the 15th of each month to be added to Mr. Pereyra's next visit day.



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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 kytic Ms. Cobian for indigent paper.

SINGLE NUTRIENT REPORT : CHOLESTEROL
Warner Creek Correctional Facility : Warner Creek Correctional Facility

Page 1 of 5

		Wednesday	Thursday 10/24/2024	Friday 10/25/2024	Saturday	Sunday
Breakfast	Oatmeal (0.0 mg)	Dry Cereal (0.0 mg)	Multigrain Hot Cereal (0.0 mg)	Farina (0.0 mg)	Oatmeal (0.0 mg)	Canned Fruit (0.0 mg)
	Canned Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Canned Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Scrambled Eggs (333.4 mg)
	Pancakes (105.8 mg)	Fried Egg (421.8 mg)	Poultry Sausage (48.0 mg)	*Ham & Cheese Scramble (365.4 mg)	Hard Boiled Egg (210.9 mg)	Poultry Sausage (48.0 mg)
	Peanut Butter (0.0 mg)	Refried Beans (0.0 mg)	French Toast (146.6 mg)	Fried Potatoes (0.0 mg)	Breakfast Pastry (23.9 mg)	Fried Potatoes (0.0 mg)
	Maple Syrup (0.0 mg)	English Muffin (19.4 mg)	Maple Syrup (0.0 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Wheat Toast (0.0 mg)
	Skim Milk (9.1 mg)	Fried Potatoes (0.0 mg)	Margarine (0.0 mg)	Coffee (0.0 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)
	Coffee (0.0 mg)	White Flour Tortilla (0.0 mg)	Skim Milk (9.1 mg)	Sugar PC (0.0 mg)	Jelly (0.0 mg)	Margarine (0.0 mg)
	Sugar PC (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 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
Lunch	Coleslaw (4.0 mg)	*Soup of the Day (14.2 mg)	Asian Cabbage Salad (0.0 mg)	Taco Salad with Meat (51.3 mg)	*Soup of the Day (14.9 mg)	Lettuce Salad (0.0 mg)
	*Barbeque Pork (79.4 mg)	Tuna Salad (37.2 mg)	Beef & Broccoli (36.0 mg)	Seasoned Beans (0.0 mg)	*Meat & Cheese Sandwich on (4.1 mg)	Salad Dressing (4.1 mg)
	Grilled Cheese (40.0 mg)	Shredded Lettuce (0.0 mg)	Brown Rice (0.0 mg)	Shredded Cheese (22.2 mg)	Wheat (47.4 mg)	Chicken Quarter (182.3 mg)
	Sandwich on Wheat (40.0 mg)	Wheat Hoagie Roll (0.0 mg)	Stir-Fry Vegetables (0.0 mg)	Salsa (0.0 mg)	Shredded Lettuce (0.0 mg)	Mashed Potatoes (0.3 mg)
	Broccoli (0.0 mg)	Macaroni & Cheese (22.7 mg)	Milk Roll (0.4 mg)	Salad Dressing (8.3 mg)	Mayo & Mustard (2.3 mg)	Poultry Gravy (0.0 mg)
	Chips (0.0 mg)	Blended Vegetables (0.0 mg)	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Blended Vegetables (0.0 mg)	Peas (0.0 mg)
	Green Beans (0.0 mg)	Chips (0.0 mg)	Fresh Fruit (0.0 mg)	Tortilla Chips (0.0 mg)	Fresh Fruit (0.0 mg)	Wheat Dinner Roll (0.1 mg)
	Fresh Fruit (0.0 mg)	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Fortified Drink (0.0 mg)	Fortified Drink (0.0 mg)	
	Fortified Drink (0.0 mg)					
	Total - 40.0 mg	Total - 106.1 mg	Total - 51.4 mg	Total - 36.4 mg	Total - 81.8 mg	Total - 64.6 mg
Dinner	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Texas Slaw (2.2 mg)
	Salad Dressing (3.4 mg)	Salad Dressing (1.5 mg)	Salad Dressing (1.5 mg)	Salad Dressing (4.1 mg)	Salad Dressing (4.1 mg)	Burrito Meat (79.7 mg)
	Salisbury Steak (97.8 mg)	Chicken & Broccoli Casserole (89.9 mg)	Ranch Style Chili (53.0 mg)	*Pizza (choice) (92.3 mg)	Beef Stew (45.0 mg)	Refried Beans (0.0 mg)
	Mashed Potatoes (0.3 mg)	Baked Potato (0.0 mg)	Carrots (0.0 mg)	Blended Vegetables (0.0 mg)	Brown Rice (0.0 mg)	Chicken Marinara (92.7 mg)
	Wheat Bread (0.0 mg)	Sour Cream (16.7 mg)	Green Beans (0.0 mg)	Choice Dessert (52.4 mg)	Cauliflower (0.0 mg)	Pasta (0.0 mg)
	Beef Gravy (0.0 mg)	Green Beans (0.0 mg)	Cornbread (29.0 mg)	Margarine (0.0 mg)	Carrots (0.0 mg)	Shredded Cheese (22.2 mg)
	Peas (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)	Choice Cookie (19.1 mg)	Focaccia Bread (0.0 mg)	Lemon Cilantro (0.0 mg)
	Wheat Dinner Roll (0.1 mg)	Tea (0.0 mg)	Tea (0.0 mg)	Tea (0.0 mg)	Tea (0.0 mg)	Salsa (0.0 mg)
	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	256.5 mg	630.7 mg	401.0 mg	388.9 mg	402.7 mg

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

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)	Scrambled Eggs (333.4 mg)	Canned Fruit (0.0 mg)	Cereal (0.0 mg)	Fried Bacon (44.9 mg)	Fried Potatoes (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)		*Pork Bacon (44.9 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)	Wheat Toast (0.0 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)	Jelly (0.0 mg)						
	Bagel (0.0 mg)	Margarine (0.0 mg)	Fried Potatoes (0.0 mg)	Skim Milk (9.1 mg)	Jelly (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)						
	Fried Potatoes (0.0 mg)	Coffee (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)						
	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Sugar PC (0.0 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Coffee (0.0 mg)						
	Coffee (0.0 mg)	Sugar PC (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 - 510.0 mg	Total - 387.4 mg	Total - 387.4 mg	Total - 387.4 mg	
	Potato Soup (2.0 mg)	Coleslaw (4.0 mg)	Tuna Noodle Casserole (51.5 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)	*Soup of the Day (14.2 mg)	Lettuce Salad (0.0 mg)	Salad Dressing (3.4 mg)			
Lunch	*Meat & Cheese Sandwich on Wheat (47.4 mg)	Shredded Lettuce (0.0 mg)	Blended Vegetables (0.0 mg)	*Grilled Ham & Cheese Sandwich on Wheat (52.3 mg)	Shredded Cheese (22.2 mg)	Cincinnati Chili (42.4 mg)	Shredded Lettuce (0.0 mg)	Shredded Lettuce (0.0 mg)	Roast Turkey (68.0 mg)	Poultry Gravy (0.0 mg)	Mashed Potatoes (0.3 mg)		
	Mayo & Mustard (2.3 mg)	Wheat Bread (0.0 mg)	Margarine (0.0 mg)	Sliced Onions (62.1 mg)	Sliced Onions (0.0 mg)				Wheat Hoagie Roll (0.0 mg)				
	Green Beans (0.0 mg)	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Shredded Cheese (0.0 mg)	Shredded Cheese (22.2 mg)	Spaghetti (0.0 mg)	Blended Vegetables (0.0 mg)	Blended Vegetables (0.0 mg)	Green Beans (0.0 mg)				
	Chips (0.0 mg)	Fortified Drink (0.0 mg)	Fresh Fruit (0.0 mg)	Salad Dressing (8.3 mg)	Salad Dressing (8.3 mg)	Broccoli (0.0 mg)	Cornbread (29.0 mg)	Cornbread (29.0 mg)	Wheat Bread (0.0 mg)				
	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Wheat Dinner Roll (0.1 mg)	Broccoli (0.0 mg)	Broccoli (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)				
	Total - 51.7 mg	Total - 55.5 mg	Total - 106.9 mg	Total - 52.3 mg	Total - 95.8 mg	Total - 58.4 mg	Total - 95.8 mg	Total - 58.4 mg	Lettuce Salad (0.0 mg)	Salad Dressing (4.1 mg)			
	Lettuce Salad (0.0 mg)	Salad Dressing (4.1 mg)	Salad Dressing (3.4 mg)	Lettuce Salad (0.0 mg)	Salad Dressing (1.5 mg)	Salad Dressing (1.7 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Salad Dressing (4.1 mg)			
	Chicken Quesadilla (85.7 mg)	Sloppy Joe (85.4 mg)	Meat Loaf (143.3 mg)	Cheese Pizza (44.3 mg)	Blended Vegetables (0.0 mg)	Chicken & Rice Casserole (83.3 mg)	Carrots (0.0 mg)	Carrots (0.0 mg)	Meat Sauce (53.1 mg)	Cauliflower (0.0 mg)	Brown Rice (0.0 mg)	French Bread (0.0 mg)	
	Salsa (0.0 mg)	Wheat Burger Bun (12.9 mg)	Baked Potato (0.0 mg)	Choice Dessert (52.4 mg)	Sour Cream (16.7 mg)	Wheat Bread (0.0 mg)	Margarine (0.0 mg)	Margarine (0.0 mg)	Garlic Margarine (0.0 mg)	Garlic Margarine (0.0 mg)			
Dinner	Sour Cream (16.7 mg)	Seasoned Potatoes (0.0 mg)	Green Beans (0.0 mg)	Tea (0.0 mg)	Tea (0.0 mg)	Gelatin & Whip (0.0 mg)	Tea (0.0 mg)	Tea (0.0 mg)	Fresh Fruit (0.0 mg)	Tea (0.0 mg)	Total - 94.1 mg	195.6 mg	
	Brown Rice (0.0 mg)	Zucchini (0.0 mg)	Ketchup (0.0 mg)	Total - 141.2 mg	Total - 161.5 mg	Total - 98.2 mg	Total - 85.0 mg	Total - 85.0 mg	690.8 mg	163.5 mg	Total - 57.2 mg	563.3 mg	
	Tea (0.0 mg)	Total - 106.5 mg	Total - 564.7 mg	317.3 mg	317.3 mg	Total - 196.3 mg	Total - 196.3 mg	Total - 196.3 mg					

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

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Food Log - Week 1											
Monday 11/1/2024			Tuesday 11/2/2024			Wednesday			Thursday		
Breakfast			Lunch			Dinner			Snacks		
Oatmeal (0.0 mg)	Dry Cereal (0.0 mg)	Fresh Fruit (0.0 mg)	Lettuce Salad (0.0 mg)	Salad Dressing (1.5 mg)	Turkey Noodle	Lettuce Salad (0.0 mg)	Salad Dressing (4.1 mg)	Chicken Tortilla Stew	Meat Sauce (53.1 mg)	Spaghetti (0.0 mg)	Broccoli (0.0 mg)
Canned Fruit (0.0 mg)	Fried Egg (210.9 mg)	Veggie & Cheese Scramble (358.9 mg)	Canned Fruit (0.0 mg)	Fresh Fruit (39.3 mg)	Waffles (3.9 mg)	Fried Fruit (0.0 mg)	Canned Fruit (0.0 mg)	Peanut Butter (0.0 mg)	Scrambled Eggs (476.3 mg)	Breakfast Pastry (24.6 mg)	Wheat Toast (0.0 mg)
Fried Egg (210.9 mg)	Cheese Slice (10.0 mg)	Wheat Toast (0.0 mg)	Sausage Gravy (39.3 mg)	Peanut Butter (0.0 mg)	Biscuit (0.5 mg)	Fried Potatoes (0.0 mg)	Cereal (0.0 mg)	Jelly (0.0 mg)	Scrambled Eggs (476.3 mg)	Canned Fruit (0.0 mg)	Pork Bacon (44.9 mg)
Bagel (0.0 mg)	Margarine (0.0 mg)	Skim Milk (9.1 mg)	Biscuit (0.5 mg)	Fried Potatoes (0.0 mg)	Fried Potatoes (0.0 mg)	Maple Syrup (0.0 mg)	Yogurt (10.0 mg)	Breakfast Pastry (24.6 mg)	Fried Potatoes (0.0 mg)	Yogurt (10.0 mg)	Fried Potatoes (0.0 mg)
Fried Potatoes (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Maple Syrup (0.0 mg)	Maple Syrup (0.0 mg)	Skim Milk (9.1 mg)	Margarine (0.0 mg)	Skim Milk (9.1 mg)	Jelly (0.0 mg)	Skim Milk (9.1 mg)	Wheat Toast (0.0 mg)	Jelly (0.0 mg)
Skim Milk (9.1 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Margarine (0.0 mg)	Skim Milk (9.1 mg)
Coffee (0.0 mg)	Sugar PC (0.0 mg)	Total - 230.0 mg	Sugar PC (0.0 mg)	Sugar PC (0.0 mg)	Total - 48.9 mg	Total - 13.0 mg	Total - 510.0 mg	Total - 43.1 mg	Total - 387.4 mg	Total - 43.1 mg	Total - 387.4 mg
Total - 230.0 mg	Total - 368.0 mg	Total - 368.0 mg	Total - 48.9 mg	Total - 13.0 mg	Total - 43.1 mg	Total - 387.4 mg	Total - 43.1 mg	Total - 387.4 mg	Total - 43.1 mg	Total - 387.4 mg	Total - 43.1 mg
Coleslaw (4.0 mg)			Minestrone Soup (14.2 mg)			Taco Salad with Meat (51.3 mg)			Lettuce Salad (0.0 mg)		
Double Cheeseburger (110.4 mg)			Chicken Salad (44.2 mg)			Seasoned Beans (0.0 mg)			Lettuce Salad (0.0 mg)		
Onions & Pickles (0.0 mg)			Sandwich on Wheat (47.4 mg)			Shredded Cheese (0.0 mg)			Lettuce Salad (0.0 mg)		
Mayo & Mustard (2.3 mg)			Shredded Lettuce (0.0 mg)			Hot Dog (70.0 mg)			Lettuce Salad (0.0 mg)		
Wheat Burger Bun (12.9 mg)			Wheat Hoagie Roll (0.0 mg)			Chili with Beans (4.1 mg)			Lettuce Salad (0.0 mg)		
Mayo & Mustard (2.3 mg)			Shredded Cheese (0.0 mg)			Shredded Cheese (0.0 mg)			Lettuce Salad (0.0 mg)		
Wheat Burger Bun (12.9 mg)			Salsa (0.0 mg)			Breaded Fish (4.1 mg)			Lettuce Salad (0.0 mg)		
Mayo & Mustard (2.3 mg)			Wheat Hoagie Roll (0.0 mg)			Shredded Cheese (0.0 mg)			Lettuce Salad (0.0 mg)		
Wheat Burger Bun (12.9 mg)			Salsa (0.0 mg)			Sliced Onions (22.2 mg)			Lettuce Salad (0.0 mg)		
Mayo & Mustard (2.3 mg)			Blended Vegetables (0.0 mg)			Shredded Cheese (30.0 mg)			Lettuce Salad (0.0 mg)		
Wheat Burger Bun (12.9 mg)			Blended Vegetables (0.0 mg)			Sliced Onions (5.5 mg)			Lettuce Salad (0.0 mg)		
Mayo Beans (0.0 mg)			Spanish Rice (0.0 mg)			Tartar Sauce (5.5 mg)			Lettuce Salad (0.0 mg)		
Seasoned Potatoes (0.0 mg)			Spanish Rice (0.0 mg)			Macaroni & Cheese (22.7 mg)			Lettuce Salad (0.0 mg)		
Green Beans (0.0 mg)			Chips (0.0 mg)			Wheat Hoagie Roll (0.0 mg)			Lettuce Salad (0.0 mg)		
Seasoned Potatoes (0.0 mg)			Chips (0.0 mg)			Wheat Hoagie Roll (0.0 mg)			Lettuce Salad (0.0 mg)		
Ketchup (0.0 mg)			Fresh Fruit (0.0 mg)			Carrots (0.0 mg)			Lettuce Salad (0.0 mg)		
Apple Pie (0.0 mg)			Fortified Drink (0.0 mg)			Chips (0.0 mg)			Lettuce Salad (0.0 mg)		
Ice Cream Cup (3.0 mg)			Fortified Drink (0.0 mg)			Fresh Fruit (0.0 mg)			Lettuce Salad (0.0 mg)		
Total - 132.6 mg			Total - 63.9 mg			Total - 44.2 mg			Total - 81.8 mg		
Lettuce Salad (0.0 mg)			Lettuce Salad (0.0 mg)			Lettuce Salad (0.0 mg)			Total - 106.4 mg		
Salad Dressing (1.5 mg)			Salad Dressing (1.5 mg)			Lettuce Salad (0.0 mg)			Total - 62.3 mg		
Turkey Noodle			Salad Dressing (4.1 mg)			Lettuce Salad (0.0 mg)			Total - 71.7 mg		
Casserole (43.5 mg)			Chicken Tortilla Stew (66.2 mg)			Lettuce Salad (0.0 mg)			Texas Slaw (2.2 mg)		
Broccoli (0.0 mg)			Meat Sauce (53.1 mg)			Lettuce Salad (0.0 mg)			Burrito Beans (0.0 mg)		
Wheat Bread (0.0 mg)			Spaghetti (0.0 mg)			Lettuce Salad (0.0 mg)			Shredded Cheese (22.2 mg)		
Margarine (0.0 mg)			Broccoli (0.0 mg)			Lettuce Salad (0.0 mg)			Salsa (0.0 mg)		
Tea (0.0 mg)			Focaccia Bread (0.0 mg)			Lettuce Salad (0.0 mg)			Whole Wheat Tortilla (0.0 mg)		
Total - 126.5 mg			Tortilla Chips (0.0 mg)			Lettuce Salad (0.0 mg)			Spanish Rice (0.0 mg)		
Total - 45.0 mg			Sour Cream (16.7 mg)			Lettuce Salad (0.0 mg)			Fresh Fruit (0.0 mg)		
Total - 558.4 mg			Fruit Bar (39.5 mg)			Lettuce Salad (0.0 mg)			Tea (0.0 mg)		
Total - 407.6 mg			Tea (0.0 mg)			Lettuce Salad (0.0 mg)			Total - 68.3 mg		
Total - 147.7 mg			Total - 54.6 mg			Total - 98.2 mg			Total - 67.1 mg		
Total - 453.0 mg			Total - 193.0 mg			Total - 124.4 mg			Total - 483.5 mg		
Total - 684.7 mg			Total - 193.0 mg			Total - 172.5 mg			Total - 483.5 mg		

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

SINGLE NUTRIENT REPORT : CHOLESTEROL

Warner Creek Correctional Facility : Warner Creek Correctional Facility

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Monday 11/18/2024		Tuesday 11/19/2024	Wednesday	Thursday	Friday 11/22/2024	Saturday	Sunday 11/24/2024
Breakfast	Oatmeal (0.0 mg)	Dry Cereal (0.0 mg)	Multigrain Hot Cereal (0.0 mg)	Dry Cereal (0.0 mg)	Farina (0.0 mg)	Oatmeal (0.0 mg)	Canned 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)	Fresh Fruit (0.0 mg)	Scrambled Eggs (333.4 mg)
	Pancakes (105.8 mg)	Scrambled Eggs (333.4 mg)	Hard Boiled Egg (421.8 mg)	Poultry Sausage (48.0 mg)	Veggie & Cheese Scramble (358.9 mg)	Hard Boiled Egg (210.9 mg)	Poultry Sausage (48.0 mg)
	Peanut Butter (0.0 mg)	Ground Beef (20.5 mg)	Wheat Toast (0.0 mg)	French Toast (48.0 mg)	Fried Potatoes (0.0 mg)	Breakfast Pastry (23.9 mg)	Fried Potatoes (0.0 mg)
	Maple Syrup (0.0 mg)	Shredded Cheese (22.2 mg)	Margarine (0.0 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Skim Milk (9.1 mg)	Wheat Toast (0.0 mg)
	Skim Milk (9.1 mg)	Fried Potatoes (0.0 mg)	Skim Milk (9.1 mg)	Maple Syrup (0.0 mg)	Coffee (0.0 mg)	Coffee (0.0 mg)	Jelly (0.0 mg)
	Coffee (0.0 mg)	Skim Milk (9.1 mg)	Coffee (0.0 mg)	Maple Syrup (0.0 mg)	Sugar PC (0.0 mg)	Sugar PC (0.0 mg)	Margarine (0.0 mg)
	Sugar PC (0.0 mg)	Coffee (0.0 mg)	Sugar PC (0.0 mg)	Margarine (0.0 mg)			Skim Milk (9.1 mg)
							Coffee (0.0 mg)
		Total - 114.9 mg	Total - 385.2 mg	Total - 430.9 mg	Total - 203.7 mg	Total - 368.0 mg	Total - 243.9 mg
Lunch	Lettuce Salad (0.0 mg)	*Soup of the Day (14.9 mg)	Potato Soup (2.0 mg)	Broccoli Cheese Soup (9.1 mg)	*Soup of the Day (14.9 mg)	Nacho Meat (79.7 mg)	Total - 390.5 mg
	Salad Dressing (3.4 mg)	*Chicken-Bacon-Ranch Salad (99.0 mg)	Fried Egg Sandwich on Wheat	*Meat & Cheese Sandwich on Wheat	Refried Beans (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)
	Cheese Ravioli (64.4 mg)	Shredded Lettuce (0.0 mg)	Sliced Onions (0.0 mg)	Shredded Lettuce (47.4 mg)	Cheese Sauce (9.1 mg)	*Roast Pork Loin (58.6 mg)	Salad Dressing (1.7 mg)
	Marinara Sauce (0.0 mg)	Wheat Hoagie Roll (0.0 mg)	Shredded Cheese (2.3 mg)	Shredded Lettuce (0.0 mg)	Lettuce Salad (0.0 mg)	Scalloped Potatoes (1.2 mg)	
	Peas (0.0 mg)	Blended Vegetables (0.0 mg)	Green Beans (0.0 mg)	Mayo & Mustard (2.3 mg)	Salsa (0.0 mg)	Broccoli (0.0 mg)	
	French Bread (0.0 mg)	Chips (0.0 mg)	Chips (0.0 mg)	Cauliflower (0.0 mg)	Tortilla Chips (0.0 mg)	Wheat Dinner Roll (0.1 mg)	
	Garlic Margarine (0.0 mg)	Carrots (0.0 mg)	Carrots (0.0 mg)	Chips (0.0 mg)	Zucchini (0.0 mg)	Margarine (0.0 mg)	
	Fresh Fruit (0.0 mg)	Fortified Drink (0.0 mg)	Breadstick (0.0 mg)	Fresh Fruit (0.0 mg)		Ice Cream Cup (3.0 mg)	
		Total - 52.1 mg	Total - 131.5 mg	Total - 433.2 mg	Total - 64.6 mg	Total - 88.8 mg	Total - 64.6 mg
Dinner	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)	Lettuce Salad (0.0 mg)
	Salad Dressing (1.5 mg)	Salad Dressing (4.1 mg)	Salad Dressing (1.5 mg)	Salad Dressing (4.1 mg)	Salad Dressing (3.4 mg)	Salad Dressing (1.5 mg)	Salad Dressing (1.5 mg)
	Spicy Rice Casserole (59.1 mg)	Cheese Sauce (9.1 mg)	Chicken Enchilada (92.3 mg)	*Pizza (choice) (92.3 mg)	Cheeseburger (60.2 mg)	Creole Chicken (66.2 mg)	
	Green Beans (0.0 mg)	Onions & Bell Peppers (0.0 mg)	Casserole (90.8 mg)	Onions & Pickles (0.0 mg)	Chicken Alfredo Sauce (66.0 mg)	Chicken Alfredo Sauce (66.0 mg)	
	Wheat Bread (0.0 mg)	Wheat Hoagie Roll (0.0 mg)	Brown Rice (0.0 mg)	Blended Vegetables (0.0 mg)	Spaghetti (0.0 mg)	Brown Rice Pilaf (0.0 mg)	
	Margarine (0.0 mg)	Broccoli (0.0 mg)	Seasoned Beans (0.0 mg)	Wheat Burger Bun (12.9 mg)	Blended Vegetables (0.0 mg)	Peas (0.0 mg)	
	Tea (0.0 mg)	Seasoned Potatoes (0.0 mg)	Tea (0.0 mg)	Carrots (0.0 mg)	French Bread (0.0 mg)	French Bread (0.0 mg)	
		Ketchup (0.0 mg)		Seasoned Potatoes (0.0 mg)	Focaccia Bread (0.0 mg)	Margarine (0.0 mg)	
		Pudding (2.3 mg)		Ketchup (0.0 mg)	Tea (0.0 mg)	Fresh Fruit (0.0 mg)	
		Tea (0.0 mg)				Tea (0.0 mg)	
		Total - 60.6 mg	Total - 60.5 mg	Total - 92.3 mg	Total - 148.8 mg	Total - 76.5 mg	Total - 67.5 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