

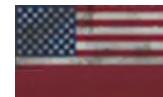
Pay Dates: 4/10, 5/8, 6/5, 7/10, 8/7, 9/4, 10/9, 11/6, 12/4

Upcoming PSC & TRAC Events

- Low-Impact Fitness Class (Friday, April 11th)
- Incentive Level 3 Burger Meal (Friday, April 18th)
- PGA2K23 Golf Championship (April 28th @ TRAC)
- Double 9's Team Domino Championship (April 28th @ TRAC)



Words to Inspire from Garrett & Sometimes Cambell



**THE FUTURE
DEPENDS ON
WHAT YOU DO
TODAY**

**A lie gets halfway
around the world before
the truth has a chance
to get its pants on.**

Winston Churchill

April 2025 Movie Schedule

Week 1 Run Time		April 4 th - April 10 th	Movie Start/ Repeat Times	
Ch. 14	2:12	Nosferatu	FRI 2:00 pm	6:00 pm
	1:52	Mean Girls	1:30 pm	
Ch. 16	2:15	Uncut Gems	FRI 2:00 pm	6:00 pm
	Loop	Black Sails, Season 1, Disc 1 (eps 3)	1:30 pm	
Ch. 17	Loop	Power Book IV: Force, Season 1, Disc 3 (3 eps)	FRI 2:00 pm	6:00 pm
		Power Book IV: Force, Season 2, Disc 1 (3 eps)		
Week 2	Run Time	April 11 th - April 17 th	Movie Start/ Repeat Times	
	Ch. 14	Den of Thieves 2 : Pantera	FRI 2:00 pm	6:00 pm
Ch. 16	1:17	Kill Order	1:30 pm	
	1:48	Bound	FRI 2:00 pm	6:00 pm
Ch. 17	Loop	Black Sails, Season 1, Disc 2 (eps 3)	1:30 pm	
	Loop	Power Book IV: Force, Season 2, Disc 2 (4 eps)	FRI 2:00 pm	6:00 pm
Week 3	Run Time	April 18 th - April 24 th	Movie Start/ Repeat Times	
	Ch. 14	Power Book IV: Force, Season 2, Disc 3 (3 eps)		6:00 pm
Ch. 16	1:44	Dirty Angels	FRI 2:00 pm	
	1:34	Spring Breakers	1:30 pm	
Ch. 17	1:53	Gangster Squad	FRI 2:00 pm	6:00 pm
	Loop	Black Sails, Season 1, Disc 3 (eps 2)	1:30 pm	
Week 4	Run Time	April 25 th - May 1 st	Movie Start/ Repeat Times	
Ch. 14	2:28	Gladiator II	FRI 2:00 pm	6:00 pm
	2:14	Dungeons & Dragons	1:30 pm	
Ch. 16	1:36	The Legend of Billie Jean	FRI 2:00 pm	6:00 pm
	Loop	Black Sails, Season 2, Disc 1 (4 eps)	1:30 pm	
Ch. 17	Loop	Euphoria, season 1, Disc 2 (eps 4)	FRI 2:00 pm	6:00 pm
	Loop	Curb Your Enthusiasm, Season 12, Disc 2 (eps 5)	1:30 pm	

April 2025 Channel 15 Viewing Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
			Trail Of Tears: ZEN Meditation	Hawaii Cherokee Legacy Native American Documentary	Rock Guitar Beginner Meditation	Black Indians: An American Story Native American Documentary
6	7	8	9	10	11	12
	Native American Healing		Our Spirits Don't Speak English		Rock Guitar	Planet Earth: Seasonal
Nature's Window	In The 21st Century	Lotus Pond	Indian Boarding School	Winter & Fall	Intermediate	Forests, Ocean Deep
Meditation	Native American Documentary	Meditation	Native American Documentary	Meditation	Music Classes	Nature Docuseries
13	14	15	16	17	18	19
	Planet Earth: From Pole To		Planet Earth: Great Plains, Rain	fireplaces, Fishtanks, Jungles, Seas	Rock Guitar	Planet Earth: Caves, Deserts, & Lava
Open Waters	Pole: Mountains	Rain	Jungles, Seas	& Lava	Advanced	Ice Worlds
Meditation	Nature Docuseries	Meditation	Nature Docuseries	Meditation	Music Classes	Nature Docuseries
20	21	22	23	24	25	26
				Fireplace	Hands of Steel	Yosemite: Alaska, All Skill Levels
Tropical Cascades	Great White Death	Thunder Storms	Miracle In the Pacific	The Ambient Collection	All Skill Levels	Volcanoes, Mountains
Meditation	Nature Docuseries	Meditation	Nature Docuseries	Meditation	Music Classes	Nature Docuseries
27	28	29	30			
	Grande Canyon: Deserts		Yellowstone: Lakes, Open Waters			
ZEN	Forests, Badlands, Canyons	Open Waters	Seashores, Islands, Caves			
Meditation	Nature Docuseries	Meditation	Nature Docuseries			

New!!!

Low-Impact Fitness for Beginners Class

With Coach Abe Reed

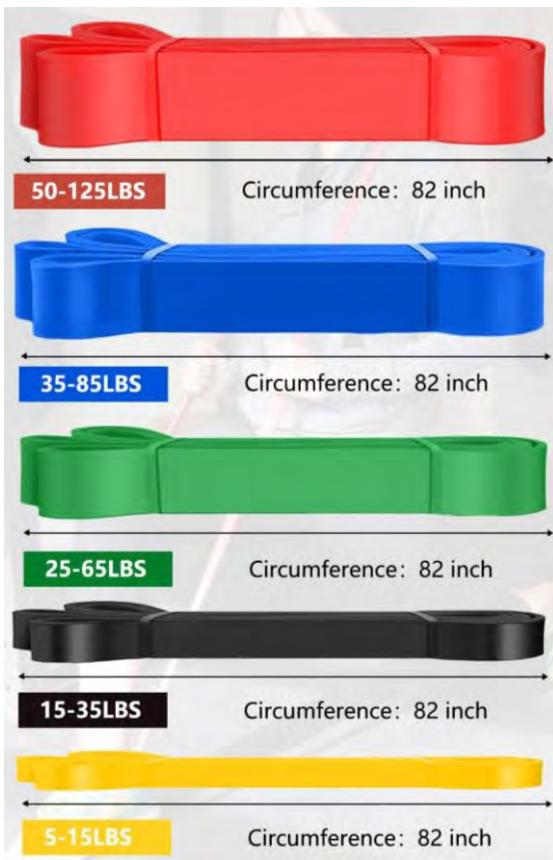
First Class Starts
April 11th

Class Length: 10 Weeks
When? Friday, 7 - 7:45
am
Where? TRAC

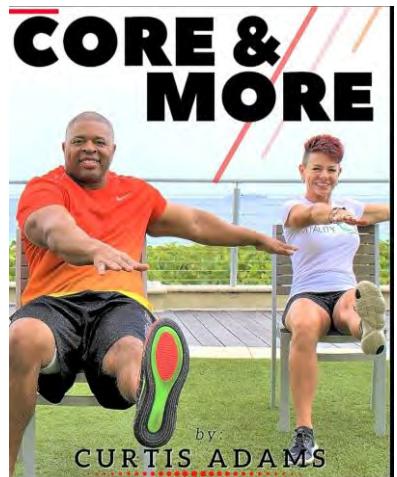
Incentive Level
3

Please Kyte
TRAC to Sign
Up!

- Open to first 20.



- Wear shorts
- Showers approved upon returning to unit
- Bring a water bottle



Join Coach Abe Reed as he challenges you to test your strength and mobility in a newly offered Low-Impact class designed for beginners and those with limited mobility. Are you bold enough to challenge your will and join the movement? Classes will be at TRAC on Friday mornings from 7 – 7:45. We encourage all ages to sign up. Chairs are available for those that need them and resistance bands will be used based on your strength level.

KRISPY KREME DONUT FUNDRAISER 2025

The Paradigm Shift conducted a Krispy Kreme fundraiser this past month; we are happy to say that we raised \$2,219. This amount will be divided equally and donated to the following organizations: Kids First Advocacy Center and Greenhill Humane Society, both of these organizations are located in Eugene, Oregon. We are grateful that we were able to aid these local organizations. On Saturday, March 15th the club split into two groups and delivered donuts to those that participated in the fundraiser and for the first time in the history of the club we were able to donate extra product to randomly chosen AIC's that are indigent and normally can't participate in fundraisers. We hope to be able to work with Krispy Kreme in the future.



Heartland Country Band Concert Recap

On March 13th, Two Rivers threw a proper shindig down at the TRAC with the Heartland Country Band playing wonderfully. With the very distinct vocals accompanied by the music of the great musicians in the band, the Heartland Country Band took us back in the day with some classics like “Low Places” and “Neon Moon”. This performance was a prime example of “hard work pays off”, because the level of professionalism that shined through was due to countless hours of practice and teamwork. If you missed it, you missed out, so next time grab your cowboy boots and send your kynes!!



PRISON RAPE ELIMINATION ACT (PREA INFORMATION)

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

Filing an Anonymous PREA Report

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

You may write to:

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

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

Community-Based PREA Advocacy (Support) Program

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

Role of an Advocate:

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

Advocates will:

- Not tell you what to do
- Not communicate with the institution unless you request them to do so and sign a release
- Not provide legal advice

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

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

Just Detention International Headquarters

3325 Wilshire Blvd., Suite 340

Los Angeles, CA 90010

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

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

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

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