

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



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) Power Book IV: Force, Season 2, Disc 1 (3 eps)		FRI 2:00 pm	6:00 pm
	Loop	Girls, Season 6, Disc 1 (eps 5)		1:30 pm	
Week 2		Run Time	April 11 th - April 17 th	Movie Start/ Repeat Times	
Ch. 14	2:10	Den of Thieves 2 : Pantera		FRI 2:00 pm	6:00 pm
	1:17	Kill Order		1:30 pm	
Ch. 16	1:48	Bound		FRI 2:00 pm	6:00 pm
	Loop	Black Sails, Season 1, Disc 2 (eps 3)		1:30 pm	
Ch. 17	Loop	Power Book IV: Force, Season 2, Disc 2 (4 eps) Power Book IV: Force, Season 2, Disc 3 (3 eps)		FRI 2:00 pm	6:00 pm
	Loop	Girls, Season 6, Disc 2 (eps 5)		1:30 pm	
Week 3		Run Time	April 18 th - April 24 th	Movie Start/ Repeat Times	
Ch. 14	1:44	Dirty Angels		FRI 2:00 pm	6:00 pm
	1:34	Spring Breakers		1:30 pm	
Ch. 16	1:53	Gangster Squad		FRI 2:00 pm	6:00 pm
	Loop	Black Sails, Season 1, Disc 3 (eps 2)		1:30 pm	
Ch. 17	Loop	Euphoria, Season 1, Disc 1 (eps 4)		FRI 2:00 pm	6:00 pm
	Loop	Curb Your Enthusiasm, Season 12, Disc 1 (eps 5)		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:		Hawaii		Rock Guitar		Black Indians:
					ZEN		Cherokee Legacy		Beaches & Reefs		Beginner		An American Story
					Meditation		Native American Documentary		Meditation		Music Classes		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 Documenta		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,		fireplaces,Fishtanks,		Rock Guitar		Planet Earth: Caves, Deserts,
	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		Yosimite: Alaska,
	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,						
	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**

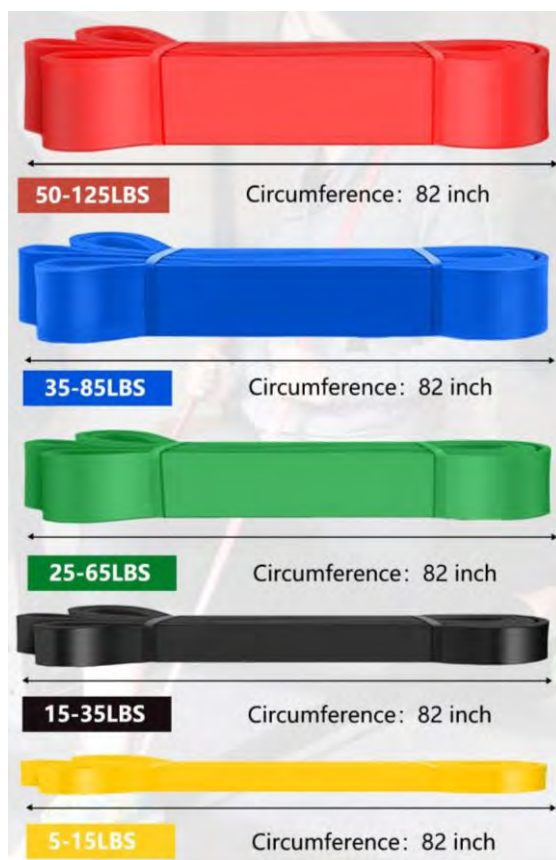
When? **Friday, 7 - 7:45
am**

Where? **TRAC**

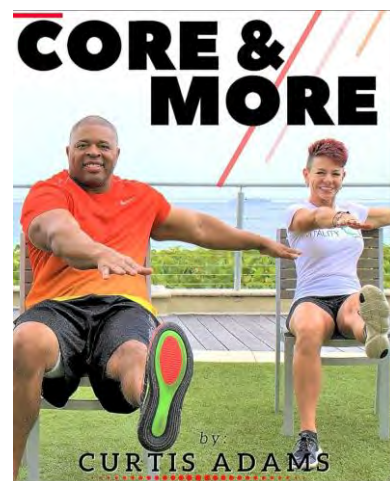
Incentive Level
3

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.

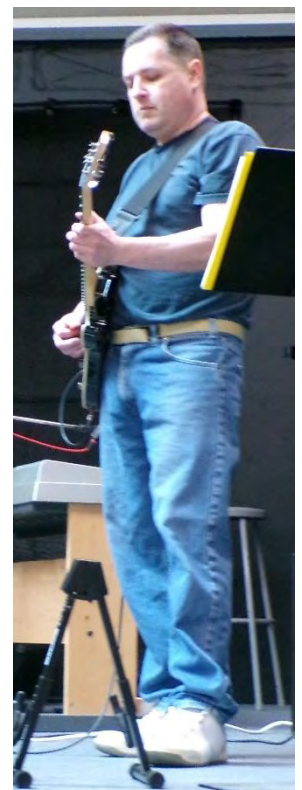
KRISPY KREME DONUT FUNDRAISER 2025

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 kytes!!



**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