

FROM THE DOC PREA COORDINATOR

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

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

Community-Based PREA Advocacy (Support) Program

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

**Oregon
Department
of Corrections**

OSCILLATOR

Issue 20
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WHO'S WHO?

Superintendent - Mr. G. Laney
Asst. Supt., General Services - Mr. C. Fhuere
Asst. Supt., Security - Mr. G. Long
Behavioral Health Services Mgr. - Ms. K. Gates
Correctional Rehabilitation Mgr. - Ms. T. Davenport
Diversity Coordinator - Ms. R. Corrigan
Education Manager - Mr. J. Bermingham
Food Services Manager - N. Nawaz
Hearings Officer - Mr. J. Nofziger
Health Services Manager - Ms. L. Irving
Hobby Shop Supervisor - Ms. G. Kast
Library Coordinator - Ms. P. McKinney
Acting Management Asst. to Supt. - Ms. R. Mondragón
Operations Captain - Mr. J. Hyde
Physical Plant Manager - Mr. A. Flesher
PREA Compliance Manager - Captain J. Wagner
Reconnect Life Skills Coordinator - Ms. G. Kast
Recreation - Mr. J. Hale/Mr. G. Escalante/Ms. G. Kast
Religious Services - Chaplain, Mr. R. Borden
Special Population Captain - Mr. N. Jones
Transitions Coordinator - Ms. K. Hollingsworth

FROM DOC COMMISSARY

Updates:

We have been informed by our vendor that the D'Addario 5FT instrument cable we recently advertised is unavailable at this time due to safety measures implemented by the manufacturer.

We will issue credit to anyone who has been charged.

We apologize for any inconvenience this may have caused. As soon as we have word that they are in production we will send out notification.

FROM OSCI ADMINISTRATION

Administration Area Orderly:

The OSCI Administration is looking to hire an Admin area orderly. This job involves cleaning and routine orderly duties including 'minor' preventative maintenance, floor care, set-up and take-down for special events. On occasion they may be tasked with clerical work and/or special projects. All applicants must meet the following:

Qualifications:

- Be able to work professionally, respectfully and responsibly at all times.
- Be able to take instructions and follow directions
- Be respectful of boundaries
- Be familiar with cleaning chemicals and equipment
- Be able to stand, bend, kneel, and lift up to 100 lbs
- Must have a valid social security number or equivalent verified by DOC
- Have at least one year of clear conduct and two years left to serve
- No positive urinalysis test or other program failure in the preceding six months.
- Be able to speak, read and write English clearly.
- Compliant with all other institution programming.

Hours:

Monday through Friday
8:00 am to 10:30 am & 12:30 pm to 3:00 pm

Applications must be completed in ink. Applicants will need to pass a DOC security screening and interview before being considered for the position.

You may apply for this position by submitting a job application to Ms. Romi Mondragon, OSCI Admin Support. Be sure to include your experience and why you desire this position. Applications will be accepted through Sunday, May 31, 2020. The screening and interview process will occur in June and the selected AIC will begin working on/around July 13, 2020.

FROM THE LIBRARY

OSCI Library "From The Shelf" By: AIC M. Persinger

Are you having trouble deciding what to read? Here are a few suggestions for the week (remember you may request these on your kite):

This week we are recommending books from our Adventure & War section; here are some titles to get you started:

'Covert Warriors' by WEB Griffin (Adventure & War)
'Hazardous Duty' by WEB Griffin (Adventure & War)
'Full Black' by Brad Thor (Adventure & War)
'Satori' by Don Winslow (Adventure & War)

Other recommended books this week are:

'Casual Learning: Psychology, Philosophy, and Computation' by Alison Gopnik, Editor (153)
'The Singularity is Near' by Ray Kurzweil (153)
'Home Remedies from a Country Doctor' by Jay Heinrichs (614)
'No Time Like the Present: Finding Freedom, Love, and Joy Right Where you Are' by Jack Kornfield (204)

Recomendación de libro en español:

'Atractiva' por Jane Ashford

Odd Book Out:

'Our Final Invention: Artificial Intelligence and the End of the Human era' by James Barrat (303)

Books That Inspire:

'Bursts: The Hidden Pattern Behind Everything We Do' by Albert-László Barabási (304)

Wyrm's Choice:

'Men At Arms' by Terry Pratchett (Sci-Fi/Fantasy)

*"Your representative owes you, not his industry only,
but his judgment; and he betrays instead of serving you if
he sacrifices it to your opinion"*

- Edmund Burke (1710-1827)

Culture Corner "Friction" By: AIC M. Persinger

Friction is the force that opposes a moving object when the surface of the object rubs against another. For example, when you roll a ball on the grass, it is friction that causes the ball to slow down and stop.

According to Sir Issac Newton's first law of motion, an object in motion stays in motion unless acted upon by an outside force. If you were to throw a ball in the vacuum of space, the ball would keep moving forever because there is no friction in a vacuum. But on earth, there is no such thing as a frictionless surface. There is always something to get in the way. Even if you throw a ball into the air, the air will rub against the ball, creating heat and slowing the ball down.

Friction is caused by very complex molecular interactions on the surface of objects. In general, rough surfaces cause more friction – for example, sandpaper on jagged wood. Smooth surfaces minimize friction, like a hockey puck gliding across ice. But there are exceptions to this rule. If you make two metal surfaces extremely flat and smooth, their surfaces will actually fuse together in what is called a cold weld. In this case, the frictional resistance to motion is actually quite great.

There are many types of friction, but on a daily basis, we regularly encounter static friction and kinetic friction. Static friction is the friction of two objects that are not moving in relation to each other, like when a couch is simply resting on the ground. Kinetic friction is the friction of two objects that are in a relative motion and rubbing against each other, for example someone pushing a couch across the floor. In general, static friction is greater than kinetic friction. This explains why when you are moving furniture, the initial shove always requires more effort than continuing to push the object once it is in motion.

"Freedom is the freedom to say that two plus two make four. If that is granted, all else follows."

- George Orwell

FROM FOOD SERVICES

OREGON DEPARTMENT OF CORRECTIONS - Spring-Summer 2020 Menu (Week 5)

Kent Fanger, Food Service Administrator

Elena Guevara RD, LD Elena Guevara RD, LD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oatmeal 8 oz Canned Fruit 4 oz Pancakes 3 ea Syrup 2 fl oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Dry Cereal 8 oz bowl Fruit Drink 8 fl oz Scrambled Eggs 3 oz Fried Potatoes 6 oz Wheat Toast 2 SL Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Oatmeal 8 oz Canned Fruit 4 oz Sausage Gravy 6 oz Fried Potatoes 6 oz Wheat Toast 2 SL Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Dry Cereal 8 oz bowl Fruit Drink 8 fl oz Breakfast Burrito: 1 ea Scrambled Eggs 2 oz Refried Beans 4 oz Cheese 1/2 oz Flour Tortilla 1 ea Salsa 1 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	9 Grain Cereal 8 oz Canned Fruit 4 oz French Toast 4 SL or Texas Toast 2 SL Syrup 2 fl oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Farina 8 oz Fresh Fruit 1 ea Scrambled Eggs 3 oz Breakfast Pastry 1 ea Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s	Fruit Drink 8 fl oz Scrambled Eggs 3 oz *Bacon (2 thick/3 thin) 1 svg Fried Potatoes 6 oz Wheat Toast 2 SL Jelly 1 oz Margarine 0.5 oz Skim Milk 16 fl oz Sugar 2 pkt Coffee s/s
Cowboy Salad 6 oz Deli Sandwich: 1 ea *Deli Meat 3 oz Cheese 1 SL Shredded Lettuce 1 svg Onions 1 svg Wheat Hoagie Bun 1 ea Blended Vegetables 6 oz Mayonnaise 0.5 oz Mustard 0.5 oz Fresh Fruit 1 ea Tea s/s	Pasta Salad 6 oz Chicken Salad 4 oz Shredded Lettuce 1 svg Wheat Hoagie Bun 1 ea Broccoli 6 oz Fresh Fruit 1 ea Tea s/s	Vegetable Soup 10 fl oz Peanut Butter 2.5 oz Jelly 2 oz Wheat Bread 4 SL Green Beans 6 oz Pretzels 1 bag Fresh Fruit 1 ea Tea s/s	Potato Salad 6 oz BBQ Chicken Burger: 1 ea Chicken Pattie 1 ea BBQ Sauce 1 fl oz Wheat Hamburger Bun 1 ea Peas & Carrots 6 oz Fresh Fruit 1 ea Tea s/s	*Soup of the Day 10 fl oz bowl Tuna Salad 4 oz Shredded Lettuce 1 svg Wheat Hoagie Bun 1 ea Broccoli/Cauliflower 6 oz Chips 1 bag Fresh Fruit 1 ea Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Beef Pattie 1 ea Onions & Pickles 1 svg Wheat Hamburger Bun 1 ea Carrots 6 oz French Fries 6 oz Catsup 0.5 oz Fresh Fruit 1 ea Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Baked Chicken Drumsticks 2 ea Mashed Potatoes 6 oz Chicken Gravy 2 fl oz Peas 6 oz Chocolate cupcake 1 ea Tea s/s
Texas Slaw 6 oz Chicken Tortilla Stew 10 fl oz Green Beans 6 oz Brown Rice 6 oz Shredded Cheese 1 oz Tortilla Chips 1 oz Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Corn Dogs 2 ea Carrots 6 oz Catsup 0.5 oz Mustard 0.5 oz Fruit Crisp 1 svg Tea s/s	Lentil Soup 10 fl oz Chicken over Lettuce Salad: 1 ea Grilled Chicken 3 oz Lettuce 10 oz bowl Onions 1 svg Shredded Cheese 1 oz Salad Dressing 2 fl oz Cauliflower 6 oz Bread Stick 1 ea Tea s/s	Tossed Salad 10 oz bowl Salad Dressing 1 fl oz Vegetable Soup 10 fl oz Veggie Pizza 1 svg Baker's Choice 1 svg Tea s/s	Taco Salad: 10 oz bowl Taco Meat 3 oz Shredded Cheese 1 oz Seasoned Beans 6 oz Lettuce 10 oz bowl Spanish Rice 6 oz Tortilla Chips 2 oz Salsa 2 oz Gelatin w/Whip Top 1 svg Tea s/s	Cabbage Salad 6 oz Chicken Stir-Fry 4 oz Stir-Fry Vegetables 6 oz Brown Rice 6 oz Wheat Tortilla 1 ea Tea s/s	*Soup of the Day 10 fl oz Deli Sandwich: 1 ea *Deli Meat 3 oz Cheese 1 SL Shredded Lettuce 1 svg Wheat Hoagie Bun 1 ea Blended Vegetables 6 oz Chips 1 bag Mayonnaise 0.5 oz Mustard 0.5 oz Fresh Fruit 1 ea Tea s/s

* Contains or may contain pork. Serving sizes are listed in Volume-Ounces, not by weight. Menu subject to change without notice. Last Revision: 3/18/2020

Healthy Choice Items

High Fat/Cholesterol

High Sugar

High Fat/Chol & Sugar

High Sodium

High Fat/Chol & Sodium

