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**MID-MONTH EDITION!**



**MARCH 2026**

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**ISSUE 3**

# ATTENTION ALL AIC'S

## IMPORTANT VISITING INFORMATION

You may have heard that DOC, like all other state agencies, is experiencing budget pressures and staffing challenges. Because of this, we need to make some changes.

We want you to know that visiting days will be reduced at all facilities in the coming months. If you are in minimum custody, visiting will be on weekends only, unless noted for holidays or special events. If you are in medium custody, visiting will be on two weekdays and on weekends.

We know this is difficult news. Visiting is a key part of supporting the well-being of adults in custody, maintaining family ties, and preparing individuals for successful reentry. DOC remains committed to ensuring visits continue to play a meaningful role within our facilities. We are trying to make this a short-term change, not a permanent one. As budget conditions change, we will always be looking for ways to increase visiting options. Adjusting visiting schedules is one of many steps DOC is taking to help manage the budget challenges while we balance maintaining safety and daily operations such as dayrooms, yard times, programming, education, and other operational requirements.

**Let your family and friends know they should call or check with the facility to find out the exact visiting days and times or to check our website. They can also sign up for real-time visiting alerts, so they receive text and emails about changes as they happen.**

### TWO RIVERS CORRECTIONAL INSTITUTION VISITING EFFECTIVE APRIL 1, 2026

<u>Housing Type</u>	<u>Days</u>	<u>Times</u>
<b>AHU</b>	1st and 3rd Thursdays	8:00 am - 10:30 am 1:00 pm - 3:30 pm
<b>Medium Facility</b>	2nd, 4th, and 5th Thursdays and Friday - Sunday	8:00 am - 10:30 am 1:00 pm - 3:30 pm
<b>Minimum Facility</b>	Saturday - Sunday	8:00 am - 10:30 am 1:00 pm - 3:30 pm

Thank you for your patience and understanding.

# MESSAGE FROM THE MAILROOM



Central Administration has outlined the following guidelines. Please remember and share with your family and friends

## Personalized Photobooks

(Snapfish, Freeprints, etc.) will no longer be accepted if they are coming from a photo company/distributor that affords these services.

Personalized photo books can still be sent into the facility, via regular mail, if they meet the requirements of the rule regarding size envelope OAR 291-131-0025 (4) (a), content (291-131-0025(13), and

OAR 291-131-0035(B) Freestanding nude or partially nude images that include clippings from newspapers and magazines, photocopies, electronic images, printed web pages, drawings, photographs, and other media. Such images, whether human or anime (that is, cartoon), may not include nude subjects, or depict or display male or female genitalia, the pubic area, anus, or female areola.



## Please Address Mail Correctly



Mail **without a SID** will be **refused and returned** to the sender, including AIC to AIC mail

### 291-131-0025 Incoming Mail

- (1) Incoming mail shall have on the front of the envelope free from obstruction, the sender's first and last name or organization name, return address and shall be addressed to the adult in custody using their court name and state identification number (SID).





***The Education Department is looking for an ESL translator!***

If you have an interest in being a translator for our ESL classes and meet the qualifications below, please send Ms. Dilley in the Education department a complete application.

**The qualifications to be an Education Translator are:**

- Bilingual. Must be fluent in English and Spanish.
- No major misconducts or program failures within 6 months of hire date.
- CASAS reading score of 242 (if you do not know your score that is okay, Ms. Dilley can check it)
- Ability to work effectively with staff and students.
- Good oral communication.
- Good personal hygiene, neat appearance always.
- Willingness to complete any training, as assigned.
- Able to meet daily attendance requirements.

**Desired Qualifications:**

- A verified HSD/GED. If you do not have one you must at least be enrolled in education working towards completing it.
- At least 1 year remaining on sentence.
- Patience with students.
- Sensitivity to cultural, physical, academic, and linguistic differences.
- Capable of handling multiple tasks.
- Strong interpersonal communication skills.



# GREEN'S GAME GUIDE

GREEN'S GAME GUIDE

Welcome everyone and thank you for reading our newest addition to TRCI's

Tumbleweed; **Green's Game Guide**. Every month I'll be reviewing the newest available PS4 & XBOX 360 games we have down here at TRAC. For our first issue I'll be talking about **Minecraft Dungeons: Ultimate Edition** on the PS4.

I think the first and most important thing I must say about this game is that it's MULTI-PLAYER!!!! That's right, you and up to 3 other friends can create characters and venture forth to stop the Arch-Illager from taking over the world (DUN DUN DUUUNNN)....

Ok Kyle, slow down and give your readers some context. Yes, this is a Minecraft game, but no, it doesn't play as the original game we all know and love. The easiest way to describe the game play is to compare it to games like the Diablo franchise and Titan Quest for those who have played or seen those. If you don't know what those games are, Minecraft Dungeons is an adventure game that has a  $\frac{3}{4}$  top down iso-metric camera view (this means you are not able to move or change the camera angle/view) where you battle the iconic mobs from the Minecraft world, embark on treasure-stuffed missions and collect legendary items. I've played the game for about 2 weeks now and I can tell you that I'm nowhere close to experiencing everything it has to offer. If you love or even like the Diablo games, then I promise you, **Minecraft Dungeons: Ultimate Edition** is for you!

This amazing take on the Minecraft setting will be available down at TRAC on April, 1<sup>st</sup>. Tune into next month's issue of the Tumbleweed where I'll be reviewing **Minecraft Legends**.

I'd like to add a post script in our first issue if you, the reader wouldn't mind? This addition to the Tumbleweed is FOR you. We want to give you the **information** you want about the games you'll be playing. So please feel free and encouraged to send **Kytes to Mr. Cambell** asking for or suggesting things I should consider when doing these reviews. Thank you for allowing me this opportunity.

# **JOB OPENING!!!**

## **PAINTER- Physical Plant**

### **Minimum Skills:**

- Complete TRIC Admission & Orientation Class
- **LEVEL 3**
- GED or High School Diploma Required
- Program Compliant
- Attention to Detail (Organized, Productive, Hard-Working, Quality Work)
- Team Oriented
- Regularly Lift 50 lbs.
- Band and/or Stoop (Possibly Long Periods)
- Stand (Long Periods)
- Basic Tool Knowledge
- Learn/Operate Benchmate (A Computerized Maintenance Program)

### **Preferred Skills:**

- Follow Operational and Safety Guidelines
- Multitask while maintaining **QUALITY WORK**
- Customer Service Oriented
- Painting Skills (Spray, Brush & Roll, etc.)
- Capable of pushing heavy tool cart on occasion

### **Hours of Work:**

- 7:00 AM- 2:45 PM (Monday thru Friday)

### **PRAS points:**

- 12 Points (Ability to increase with performance improvement per schedule)

**Send Application to Physical Plant, ATTN: Paint Shop Supervisor Mr. Board**

*From the Administrative Rules Program:*

Below is the list of status changes made to DOC administrative rules since 2/4/2026.

**PROPOSED RULES:**

**291-158 Trust Accounts**

- Amends rule to change the term “inmate” to “AIC”; align the rules with current practices or with statutory definitions; codify current practice; clarify; update definitions or statutory references; establish guidelines for the assessment of fees to establish a trust account in accordance with ORS 421.125(2)(f); and clarify the AIC’s responsibility associated with stop payment requests.
- **Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 4/24/2026.

**291-203 Cost of Care**

- Amends rule to clarify the department’s procedure for cost of care collections for all AICs, regardless of the type of sentence being served.
- **Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 4/24/2026

**TEMPORARY RULES:**

**291-203 Cost of Care**

- Amends rule to clarify the department’s procedure for cost of care collections for all AICs, regardless of the type of sentence being served.
- **Effective:** 3/4/2026 through 6/7/2026

**PERMANENT RULES:**

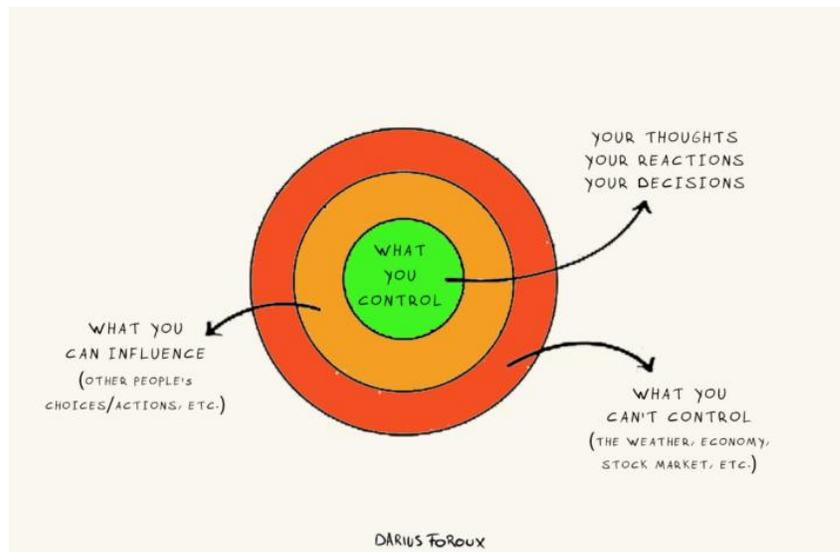
**291-131 Mail**

- Statutory Minor Correction to fix rule references in OAR 291-131-0030(1)(a) to defined terms within the rules.
- **Effective:** 3/4/2026

# The Stoic Mindset: How to Use Ancient Lessons to Face Life's Challenges

## By Darius Foroux

May 13, 2024



I've been writing about the [philosophy of Stoicism](#) since 2015. A Stoic mindset has truly changed the way I do everything.

I apply Stoicism to my happiness, work, finances, and even relationships. This Stoic mindset allowed me to leverage ancient lessons into my entire life.

The other day I was talking about this change with a friend. He asked me:

“What does the Stoic mindset really mean?”

Let me explain.

### What is Stoicism?

When I first stumbled upon Stoicism, I saw it as an intriguing philosophy. Now, after years of practice, I see it as [a practical guide for life](#).

Founded by Zeno of Citium in Athens in the 3rd century BC, Stoicism was further developed and popularized by thinkers like Marcus Aurelius, Seneca, and Epictetus.

The stoic mindset encourages us to develop self-control, resilience, and the ability to overcome destructive emotions.

It's about focusing on virtue—the highest form of wisdom—as the sole good.

This shift in perspective helped me to deal with challenges in a calm and controlled way.

### Know what's within your control

Epictetus explains Stoicism best:

”The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not under my control, and which have to do with the choices I actually control.”

I used to find myself consumed by worry and stress over things beyond my control. My worries included the weather, the economy, being able to make a living, my family's well-being, and what others thought about me.

But when I truly internalized this Stoic teaching, I found [a sense of liberation](#). All of the things I worried about were outside my control. It doesn't mean I no longer care.

I still care about everything I worry about. I just don't allow those things to have a hold on my mind and soul.

I focus my energy on what I can actually control, like my actions, thoughts, and reactions.

Once you start doing that, your Stoic mindset will start to get shaped.

### **Understand your limitations**

The wisdom of Marcus Aurelius has also been instrumental in shaping my approach to life. He said:

"You have power over your mind – not outside events. Realize this, and you will find strength."

The older I get the more I appreciate my limitations. Life is really about understanding what you should give your time and attention to and what *not*.

So when you know what's within your control, you need to live by it!

The truth is that we have many limitations in life. That's actually good news. You don't have to think about the things you simply can't do.

[Can you change the economy?](#) Can you heal yourself faster when you have the flu?

Look, life is hard and we must be honest about the level of control we have. And that's okay.

Simply focus on making the best of what you have. That's all you can do.

### **Live as a Stoic**

Incorporating Stoicism into my daily life is something that I still work on.

Every time I write an article I remind myself: "You don't control how many people will read it or whether they will like it or not."

And now that I'm working on the marketing of my next book, [The Stoic Path to Wealth](#), I occasionally catch myself fantasizing about book sales.

Of course, who doesn't want to do well in their career? But ultimately, it's not up to us.

We can only pour everything into our work, and what happens next is beyond us.

This shift has not only improved my productivity but also the quality of my work.

In my personal life, Stoicism also gave me a different perspective.

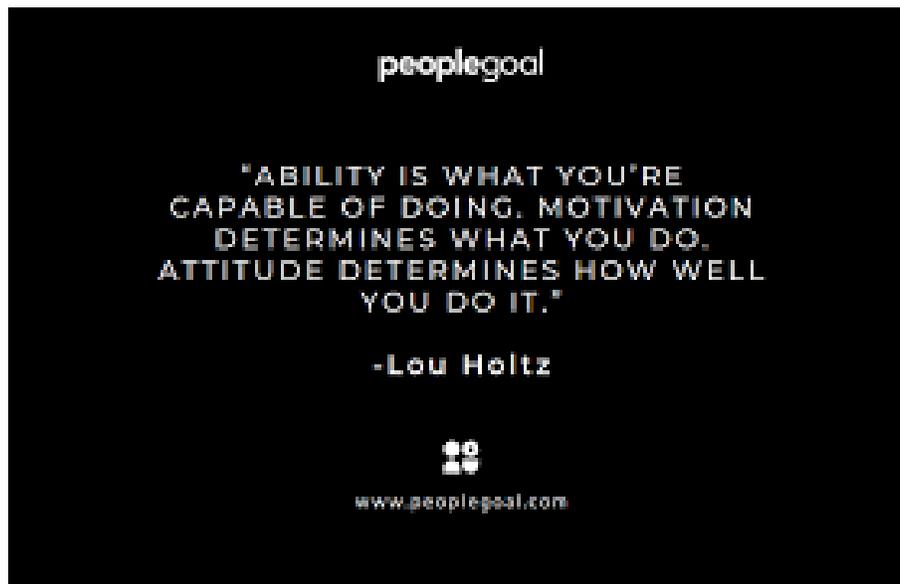
I always strive to be a positive force in my own life and the people around me. I make sure I always have good intentions. To be a good person. And to wish others the best.

## Be your best self

Embracing Stoicism as a way of life is all about becoming the best version of yourself.

It's about realizing your potential and ability to shape your own life. This is harder because it requires consistent thought, action, and execution. But the reward, like living the life you want, is worth it.

By [adopting a Stoic mindset](#), we can go through life with true inner peace. And that's the most valuable thing I can imagine.



**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