



The Pretrial Post



San Francisco Pretrial Diversion Project Quarterly
Employee Newsletter October-December 2013

“Our mission is to facilitate, within various communities, positive and effective alternatives to fines, criminal prosecution, and detention.”

Happy Birthday!

January

Victor Gaitan – 8th
Ramunda Hall-Owens – 14th
Steven Clark – 23rd
Surayna Spicer – 24th
Will Leong – 27th

February

Kurtis Wong – 1st
Allison McCovey – 8th
Michael Trent – 11th
Jianyi Sun – 17th
Raven Jackson – 23rd

March

John Daniel – 13th
Katie Stanford – 22nd
Albert Orozco – 27th
Sara Hofverberg – 30th

The Facts and Legend of Saint Valentine

The Facts

The Valentines honored on February 14 are Valentine of Rome and Valentine of Terni, although emphasis is generally given to the life of Valentine of Rome.

Valentine of Rome was a priest in Rome who was martyred about AD 269 and was buried on the Via Flaminia. The flower-crowned skull (pictured to the right) of St Valentine is exhibited in the Basilica of Santa Maria in Cosmedin, Rome.

Valentine of Terni became bishop of Interamna (modern Terni) about AD 197 and is said to have been martyred during the persecution under Emperor Aurelian. He is also buried on the Via Flaminia, but in a different location than Valentine of Rome.

Although February 14th is celebrated as St. Valentine’s Day in various Christian denominations, interestingly in 1969 the Catholic Church removed it, saying: "Though the memorial of Saint Valentine is ancient, it is left to particular calendars, since, apart from his name, nothing is known of Saint Valentine except that he was buried on the Via Flaminia on February 14.

The Legend

The legend of St. Valentine is well known and remembered in many traditions.

St. Valentine was a Roman Priest during the time that Christianity was persecuted by Emperor Claudius II. At that time there was an edict against soldiers marrying, but Valentine performed many marriages between young men and young women in secret. Eventually he was caught, and sentenced to die.

One of his captors, Asterius, had a young daughter who was blind. Valentine prayed over this girl, and healed her. According to legend, Asterius and his household became Christians as a result of this miracle. The last words Valentine wrote were in a note to this young girl, signed “from your Valentine.”



Sources: http://www.cbn.com/spirituallife/churchandministry/churchhistory/st_valentine_the_real_story.aspx; http://en.wikipedia.org/wiki/Valentine%27s_Day; http://3.bp.blogspot.com/-IIW_NZOvD20/TVIoK29x9tI/AAAAAAAAADIQ/JZ1d8RVm43w/s1600/st_valentine.jpg

New Faces at Pretrial!

We would like to welcome back **Shandra Guzman**, who has returned to Pretrial with the Veteran’s program!

We would like to welcome new employees:

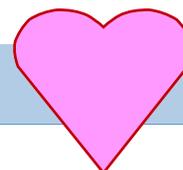
Elba Rosales, NCT

Rena Wade, NoVA

Debra Mendoza, OR

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ASTROLOGICAL PREDICTIONS FOR 2014!



Aries

2014 Aries horoscope predicts an excellent year for people of this zodiac sign. 2014 will be a year for completion of all pending tasks. You will show enthusiasm in all activities that you take up. New career opportunities will come your way. New relationships are on the cards. Health will be excellent. Go easy on your spending.



Taurus

2014 will be a year of changes for the Taurus zodiac sign. This is a good time to let go of old bad habits and start afresh. Love will give new meaning to your life. Career and business predictions are positive. Health needs some looking after.



Gemini

Gemini zodiac people will face a calm and peaceful life in 2014. You will be relaxed and laidback in your attitude. This is not a good year to begin new business ventures. Luck will favor you in career and love. Financially you will be sound. Family will be supportive. Good time for a complete makeover.



Cancer

2014 will be a year for improving personal relations rather than professional growth. Relationships with spouse, family and friends will improve. Career growth is expected. Be careful in love relationships. Finances will grow. Health will be excellent. You might face some digestion problems.



Leo

Leos will be involved in a lot of hard work in the coming year. All your ambitions and dreams will be fulfilled, thanks to your efforts. Expect many changes in your life. Career and business ventures will need a lot of hard work. Love life will be emotional. Finances will become stable only if you control your expenses. Do not neglect your health.



Virgo

Virgo astrology predictions for 2014 forecast that this year you will be filled with vigor and energy. Nothing can spoil your positive mental attitude. Do not get frustrated on your career front. Expect some indulgence and pampering from your partner. Reduce your spending. Health will be excellent provided you do not take too much stress.



Libra

Libra star sign will have a wonderful year. All your previous problems will be solved. You will start life again on a new note. Career will prosper. Unexpected wealth will come your way. Relationships will need to be rightly balanced. Health might not be too great in 2014.



Scorpio

This will be a year of surprises for the Scorpios. Keep your eyes and ears open for unexpected opportunities that can turn your life around. You might even move to another place.



Sagittarius

Sagittarius forecasts for 2014 predict a year of major changes in thought and action. You will strive hard towards fulfilling your goals and objectives. Take decisions wisely. New projects will come your way. Love relationships will become more serious. Savings will be done this year. Health forecasts are positive.



Capricorn

Capricorn zodiac sign predictions foretell great career prospects in the coming year. Do not neglect your obligations towards your family in 2014. You will share a good relationship with your partner. Your investments will yield profits. Health will be average and you will have your share of ailments.



Aquarius

2014 will be a year of creative pursuits for the Aquarius sun sign. Your heart will control your mind. Family will be your priority. Work hard on your deadlines if you want better job satisfaction. Spending will be on an all time high. Expect lot of harmony in your love life. Anxiety and mental turmoil will affect you this year.



Pisces

Pisces people will find many opportunities awaiting them in 2014. You will be ready to take risks in both your personal and professional life. Expect good opportunities in your career. You might invest in some real estate. New love relationships and new people might fascinate you. Health will be good. But do not neglect your diet and exercise.

Ergonomics in Our New Office Spaces

Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. The goal of office ergonomics is to set up your work space so that it fits you and the job you are doing.

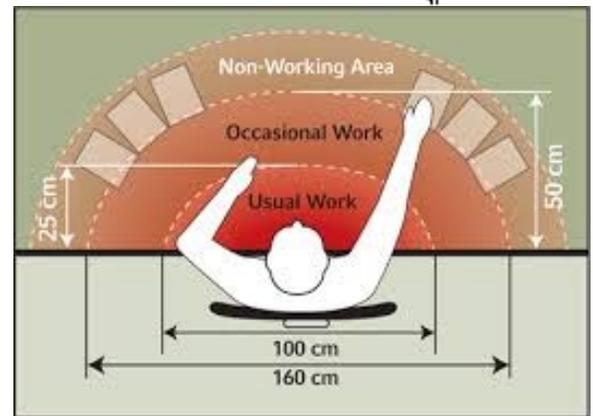
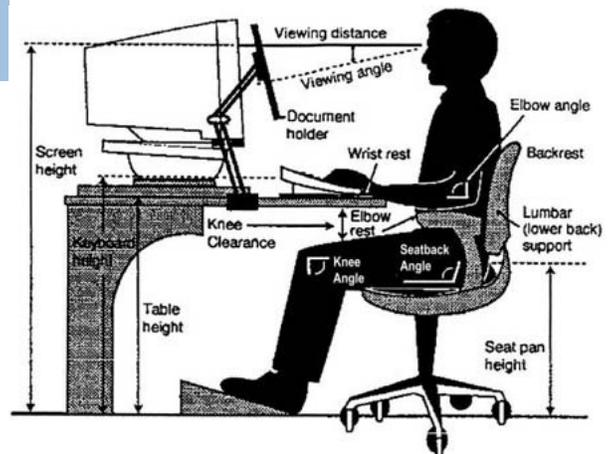
Proper office ergonomics can make you more comfortable at work, and help prevent work-related stress and injury. For example, proper ergonomics can:

- Make you less likely to experience headaches or eye-strain related to your work
- Reduce neck and back pain
- Prevent injuries linked to repetitive tasks and motions

Some important elements in evaluating your work space and habits include:

- ⇒ What is your posture at your desk?
- ⇒ How often do you stand or change your position?
- ⇒ How often do you change tasks, or take breaks?
- ⇒ Can you reach your work and tools easily while seated, or are you stretching and twisting to do so?

See below for some specific guidelines you can apply to your workspace here at Pretrial, and to the right for some useful diagrams!



Ergonomic guidelines

Your Chair

Adjust the height of your chair so that both feet rest comfortably on the floor, with your thighs horizontal so that your knees and hips are at roughly the same level. Use a footrest, like a short stack of books or a box, if needed.

Your Computer

The screen should be directly in front of you, about an arm's length away. The top edge of your screen should be just at or slightly below your eye level.

Your keyboard and mouse

Make sure they are in easy reach, and keep your wrists in a natural and comfortable position during use. When typing try to keep your wrists straight, and avoid resting your wrists and hands on your keyboard or desk.

Office Supplies

Keep items you use frequently within an easy arm's reach. Avoid stretching, instead stand to reach items that are too far to reach comfortably when sitting.

Your Posture

Stand and sit tall! Slouching stresses your back and can make you feel less energetic. When sitting, relax your shoulders, keep both feet flat on the floor, and turn your whole body rather than twisting to face your work.

Change your position often, and try to take breaks every 20-40 minutes to stand or stretch. Use the opportunity to grab a drink of water, say hello to a co-worker, or take care of some filing or copying.

"Stand and sit tall! Slouching stresses your back and can make you feel less energetic."

Sources:

- <http://www.webmd.com/pain-management/tc/office-ergonomics-topic-overview>, <http://www.mayoclinic.org/office-ergonomics/ART-20046169>
- <http://www.spaceinc.net/blog/index.php/2009/09/04/ergonomic-checklist-for-computer-workstations/>
- <http://www.buildings.com/article-details/articleid/5654/title/guide-to-ergonomics-at-the-office-and-in-the-field.aspx>

SF Pretrial Office Locations:**68 Gilbert Street, Suite B**

OR, call center & administrative offices, including Payroll & HR

555 7th Street, 2nd Floor

P20, PTD, SPR, CAHS, Navigator, & VA staff

1633 Newcomb Street

NoVA & NCT staff

In the coming weeks, we will have P20 staff at 11 South Van Ness and at 850 Bryant, Room 101, Window 7

HALLOWEEN 2013!

Lots of fun was had, see our amazing costume contest winners below!

Do you recognize your co-workers?

From left: Allison McCovey, Ashley Kristensen, & Chris Lloyd



THANK YOU!

A big thank you goes out to all staff for your patience and flexibility during the moving process!

Particular thanks to all those who pitched in to make this move happen, whether you helped during your regular workday or after-hours, you made this move happen!

Pretrial would especially like to recognize the extra lengths that Allison McCovey, David Rodrigues, Victor Lee, and Stan Yee went to in keeping us up and running!

Please keep in mind that although the holiday season is a happy time for most, the stress of our move, as well as personal losses and stresses may be impacting your co-workers. Don't forget to extend your courtesy and compassion to your co-workers as well as to your clients!