



## **Security**

---

### **Holiday Lift Restrictions**

Loss of privileges (LOP) will be lifted from 7:00 a.m. on Saturday, September 3, 2016, through Monday, September 5, 2016, at 9:00 p.m. in observance of the Labor Day Holiday.

Inmates on LOP during this time period will be allowed Non-Cash Incentive (NCI) Level 1 access to the recreational yard. This means they cannot go to evening yard.

The yellow Loss of Privilege identification card will be accepted for access to NCI Level 1 yard.

The lifting of restrictions does not apply to inmates on a Security Threat Management (STM) plans or inmates on MDT management plans, or inmates that are on cell in orders. Their restrictions will remain in place.

/s/ Captain D. Long, Operations

## **Activities**

---

### **Second Annual Vocal Talent Event**

On the afternoon of October 8, 2016, the Music Program will host the 2<sup>nd</sup> Annual Vocal Talent Show. We are looking for performers to sign up and show us their vocal talents. Each performer can choose to sing up to two songs, originals or cover songs. Performers can bring recordings to be played as accompaniment or have up to two people accompany them on instrumentation during their performance. We will have a four man judging panel this year to rank the performances to determine the final standings based on pitch accuracy (Timing/Tempo for Hip-Hop performances), the believability of commitment to the song and stage presence the performer brings to his performance.

Note: All lyrics must be PG and not inflammatory or disrespectful.

If you are interested in performing in this event, send the Music Program a request listing the number of songs you wish to perform, as well as any accompaniment you will be using (live or canned

music). If you will have other people perform with you, be sure to list them on your request. This event is available to performers who are free of any STM classifications and are NCI Level 3 only. The deadline for signing up for this event is September 20, 2016

/s/ R. Burch, Activities

### **Rotisserie Chicken Fundraiser**

On September 9, 2016, at 6:00 p.m. the Hole in the Wall Group is offering one half of a rotisserie-cooked deli chicken; macaroni and cheese; cinnamon rolls with real butter; ice cream; and beverage. These are extra-large roaster birds and we are purchasing plenty for the sides and dessert. To attend this event, address your CD-28 for \$16 to the NA Group Fundraiser, Activities section by September 1, 2016. **Do NOT send your CD-28 to the Central Trust, or to the Control Floor.** The Menu is, as always, subject to change without notice and we cannot give refunds. This event will be filled on a first come, first served basis. Once we reach our limit, we're done! So please send in those CD-28s as soon as you can. Level II and III only please. Thanks to everyone who plans to attend!

/s/ S. Finster, Activities

## **Miscellaneous**

---

### **OSP Mail Room**

- Please remember that the scales in the blocks are an approximation. The final weight of an item is determined by the metered postage scale in the Mail Room.
- CD-28s: Be sure that you sign your CD-28. A staff will need to stamp this with an authorization stamp and initial this. If those three items (your signature, authorization stamp, and staffs' initials), are missing from the CD-28, staff will not process your request for postage, or funds, and the item will be returned to you. This delays your mail or package.
- Mail Room staff would like to remind you of the VIP Kiosk usage rules: All photos taken at the VIP kiosks require that the inmate is clothed (must have a shirt on) and not attempting to conceal their identity (no sunglasses, hats, or

other appearance changers). No displays of hand signs. You must be alone in the photos, no group photos are approved. You may photograph awards, certificates, other photos, art, or personal property like a book or musical instrument for display in your GALLERY. The profile photo section is only to be used for the log in photo taken each time you log into the system. The Gallery section is where you may display the above listed various personal photos.

- If you have any questions about mail or the mail rules please send an inmate communication to OSP Mail Room, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room

### **The Sun and Your Skin**

The sun's rays contain ultraviolet radiation that can damage our skin. There is no "safe" UV ray. These harmful UV rays are more intense in the summer, at higher altitudes, and closer to the equator. However, even on cloudy days, UV radiation reaches the earth and can cause skin damage. Without adequate protection from the sun's harmful UV rays, the following can occur:

#### **Sunburn**

To prevent sunburn, sun protection is essential year round. While most common on a sunny, summer day, sunburns happen on cloudy days and during the winter.

The most common sign of sunburn is redness, which can intensify for up to 24 hours. Severe sunburn causes skin tenderness, pain, swelling, and blistering. Fever, chills, upset stomach, and confusion indicate that the sunburn requires immediate medical attention. Cool, wet compresses, baths, and soothing lotions may provide some relief for all sunburns.

#### **Tanning**

Tanning is often mistaken as a sign of good health; a tan actually means the skin has been injured. A tan develops when the skin tries to protect itself from exposure to UVA rays by producing more melanin, the substance that gives skin its color. Studies show that UVA rays penetrate the skin more deeply than UVB rays. UVA rays contribute not only to tanning, but can cause premature wrinkling and skin cancer.

#### **Protecting Your Skin From The Sun**

Sun exposure is the most preventable risk factor for all skin cancers. You can have fun in the sun and decrease your risk of skin cancer. Here's how to Be Sun Smart:

- Generously sunscreen with a Sun Protection Factor (SPF) of at least 15. This provides

broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays to all exposed skin. Re-apply every two hours, even on cloudy days, and after sweating.

- Wear protective clothing, such as a long-sleeved shirt, pants, a brimmed hat and sunglasses, where possible.
- Seek shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 4 p.m. If your shadow is shorter than you are, seek shade or the indoors.

Information provided by the *American Academy of Dermatology*.

/s/ C. Coffey, Health Services

## **Chapel**

### **Religious Items**

Recently it was announced that religious items will be ordered through the Chaplains office and no longer available on Commissary. Here is how you would order a religious item. Please send a CD-28 along with a package authorization to the Chaplains office for the item you wish to purchase. Make sure it is from an approved vendor and you've calculated the shipping costs. If you need help with that information please send an inmate communication to the Chapel asking for that information. Once approved you will receive the package authorization back to be sent out to the vendor.

/s/ A. Perlstein, Chapel

# Chapel Schedule

## SATURDAY, August 27

- 8:00 a.m.** Native American Ceremony  
Jehovah's Witness Study  
Latter Day Saints  
Jewish Service
- 11:30 a.m.** Native American Ceremony
- 1:00 p.m.** Seventh Day Adventist Service  
Sunni Muslim Study  
Worship Practice
- 6:00 p.m.** Calvary Chapel

## SUNDAY, August 28

- 8:00 a.m.** Spanish Protestant Service  
Jehovah's Witness Spanish  
Protestant
- 1:00 p.m.** Catholic Mass
- 6:00 p.m.** Latter Day Saints Study  
University Fellowship

## MONDAY, August 29

- 1:00 p.m.** Buddhist Discussion Group  
Restorative Justice
- 6:00 p.m.** Non-Violent Communications Advanced  
Restorative Justice

## TUESDAY, August 30

- 1:00 p.m.** Russian Bible  
Hare Krishna
- 6:00 p.m.** Buddhist Service  
Prison Fellowship Discipleship  
Catholic Study  
Non Violent Practice Group 🚫

## WEDNESDAY, August 31

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study  
Hospice  
Life Support
- 6:00 p.m.** Indigenous Circle 🚫  
Acting group

## THURSDAY, September 1

- 8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
- 6:00 p.m.** Celebrate Recovery 🚫  
Spanish NVC  
Non-Violent Communication  
Restorative Justice 🚫

## FRIDAY, September 2

- 8:00 a.m.** Trauma Transformation Group 🚫
- 1:00 p.m.** Nation of Islam  
Sunni Jum'ah Prayer  
United Pentecostal Study

🚫 = Service is full or restricted. Add requests are not being accepted at this time.

🚫 = Service has a waiting list. Submit a request to be placed on waiting list.