



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

8-Ball League

The Pool League will be conducting a "Blind Draw" to fill four of the 10 team slots for the start of the 2016 Fall / Winter Team 8 -Ball League. If you are interested in starting a team, you will need to find three to five players for your roster. These players must be an incentive Level 2 or 3 and not have a work or program conflict between the hours of 1:30 p.m. – 3:00 p.m. on Wednesdays to qualify. Put your request in the Activities mailbox on the Control Floor addressed to the Pool League. Include the name of your team, players, and who will be the team captain. (Team captains must be Incentive Level – 3). The deadline to submit for the Draw is: August 10, 2016.

/s/ B. Marion, Activities

Miscellaneous

OSP 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 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.

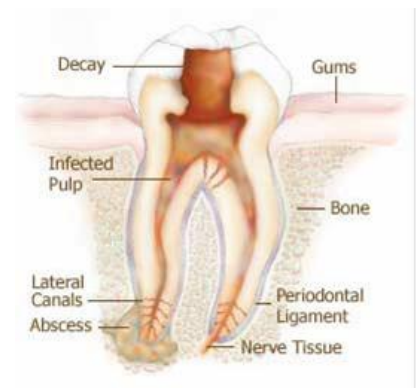
- If you have any questions about mail or the mail rules please send an inmate communication to the OSP Mail Room, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room

Plaque Attack

Tooth decay and gum disease are primarily caused by plaque, a sticky combination of bacteria and food. The bacteria in plaque produce acid that can break down tooth enamel. Plaque begins accumulating on your teeth within

minutes of eating, but can be removed through brushing and flossing twice a day. If plaque is not removed thoroughly each day, it hardens into tartar, which can only be removed by a dental care



Plaque Attack (cont.)

professional. Plaque and tartar lead to a number of problems:

- **Cavities:** Holes that damage the structure of teeth. A common problem (second only to the common cold in prevalence), tooth decay affects 25% of kids aged 2-5, 50% of those aged 12-15, and 90% of adults over 40.
- **Gingivitis:** Swollen, inflamed, or bleeding gums; may be reversible with good oral hygiene and regular dental visits.
- **Periodontitis:** Infected gums and destruction of ligaments and bone supporting teeth, often leading to tooth loss if left untreated. Requires professional treatment. Currently, 25% of adults over age 65 have lost all their teeth, primarily because of periodontitis.
- **Bad breath (halitosis):** Food particles between teeth can rot and lead to bacterial growth.
- **Abscesses, pain, and inability to use teeth:** Loss of use can lead to nutritional deficiencies.
- **Health problems outside the mouth:** Gum disease has been linked to everything from heart disease, high cholesterol, diabetes and osteoporosis, to complications in pregnancy like premature births and low birth weight babies.

Remember to brush and floss your teeth twice a day, it helps keep the dentist away!

/s/ C. Coffey, Health Services

Chapel

Chapel Memorial

On **August 23, 2016**, there will be a memorial service for **Michael Graham**. If you are interested in attending the service please send an inmate communication to the Chapel.

/s/ A. Perlstein, Chapel

Chapel Schedule

SATURDAY, August 6

- 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 7

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

MONDAY, August 8

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

TUESDAY, August 9

- 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 10

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study
Orthodox Christianity
Bob Welch Writing Workshop
Life Support
- 6:00 p.m.** Indigenous Circle
Acting group

THURSDAY, August 11

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

FRIDAY, August 12

- 8:00 a.m.** Trauma Transformation
- 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.