



Holiday Lift Restrictions

Loss of privileges (LOP) will be lifted from 8:00 a.m. on Saturday, December 24, 2016, through Monday December 26, 2016 at 9:00 p.m. in observance of the Christmas Holiday.

Loss of privileges (LOP) will be lifted from 8:00 a.m. on Saturday, December 31, 2016, through Monday January 02, 2017 at 9:00 p.m. in observance of the New Year's 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

Administration

Reducing Sugars in your Diet

We all know that eating too much sugar has many adverse health effects; the most obvious is weight gain. But did you know that added sugars can increase your risk for type 2 diabetes and heart disease? Sugars in your diet can be naturally occurring or added. Naturally occurring sugars are found in foods such as fruit (fructose) and milk (lactose). Added sugars are sugars and syrups put in foods during preparation or processing, or added at the table. They include high fructose corn syrup, molasses, cane sugar, corn sweetener, raw sugar, syrup, honey or fruit juice concentrates. When these sugars are ingested, it drives your insulin level up, which interferes with your metabolism and can cause these calories to turn into belly fat. Added sugars can have other damaging effect to your health, such as lowering your levels of HDL's (good cholesterol) and increasing LDL's (bad cholesterol) and triglycerides (blood fats). Bad cholesterol and blood fats clog up arteries and blood vessels leading to heart disease. People who have

diets where at least 25 percent of the calories came from added sugar are twice as likely to die from heart disease than those who have diets where added sugars make up less than 10 percent of the food they eat.

Next time when you go through the commissary list, consider choosing a healthier snack such as unsalted nuts or dried fruit, rather than a package of cookies or candy bars.

/s/ B. Hansen, RDN, Food Service Administration

Security

Housing Clutter

Please take a look at the property you have accumulated and determine if you still need to keep it in your cell. As you are aware, there is a limited amount of storage space in your cell and it becomes cluttered quickly, unless you consciously make an effort to control the space. The property you have is likely authorized property, but when there is too much of it, and it doesn't fit into the space allotted, it becomes a problem. Please make an effort to reduce any unnecessary property in your cell. Property can be mailed home if that's feasible, arrangements may possibly be made to have property picked up at the visiting desk, or it can be disposed of. The Lifers' Club is also conducting a book and magazine drive in the near future, which will allow you the opportunity to donate books and magazines to be distributed to other areas of the facility (Intake and special housing units). Please take a look at what you have and determine if it is necessary to keep. Thanks for your help with this matter.

/s/ Capt. B. Stephen, Group Living

DSU Holiday Commissary

Any holiday Commissary items will need to be consumed by January 10, 2017, or it will be confiscated and sent to your property in general population.

/s/ S. Kleier, Security

Activities

OSP Book / Magazine Drive

Attention all General Population, the Lifers club will be collecting books on the Control Floor during the evening meals on December 29 and 30, 2016. Bring all of your used books and magazines to the donation table. **All** of these donations will go the Infirmary, ICH, MHI, Death Row, and DSU. Help us get some new reading materials out to the other units! All donations accepted and appreciated.

/s/ S. Finster, Activities

Filtered Water Bottle Sale

The Capital Toastmasters club is happy to announce that after years of work, we are now able to offer soft-sided filtered Brita Sport 20 oz. Water Bottles and replacement filters for sale. The bottles are violet (light purple) in color. We are pre-selling these items and will submit CD-28s with January PRAS or January OCE pay (if you need it held until January OCE pay, write that on the top of your CD-28). At the end of January, we will calculate how many items we need and place the order at that time. Water bottles and filters should be passed out in February. These items are only approved for OSP, so if you get shipped to another institution, you will have to hot trash or send the bottles and filters home. In the future, we hope to be able to sell replacement filters again, but you may want to buy a few extra now for there is no guarantee future sales will be approved. Prices:

20 oz. Brita Sport Water Bottle with one filter in the bottle

\$15.00 each

\$40.00 for three

Two pack of replacement filters

\$12.75 per pack

\$35.00 for three packs

/s/ C. McFadden, Activities

Mental Flexibility Class

Capital Toastmasters Club is offering a Mental Flexibility class on Saturday, January 7, 2017, from 12:15 p.m. to 3:00 p.m. to club members and the general population, level 2s and 3s. Mental flexibility can be defined as a way of thinking - an attitude. It's a way of approaching a situation that allows ones'

behavior to achieve the best outcome for them. Participants learn to increase their mental flexibility to become better listeners, observers, thinkers, and problem solvers. These are all valuable skills that can be used on a daily basis no matter where a person is or what they are doing. There is a \$2 charge to cover the cost of certificates, manuals, and cinnamon rolls. If you wish to participate in this class and are incentive level two or three, send an inmate communication and a \$2 CD-28 to the Capital Toastmasters Club prior to December 31, 2016. We hope to see you there!

/s/ J. Rodriguez, Activities

Miscellaneous

Open Positions in OCE Laundry

- To qualify you must have a minimum of six months clear conduct.
- Have more than 18 months left to do on your sentence.
- If eligible for Work skills program, you must have a GED or be working towards one.
- If on STM caseload you must be approved buy them also.
- Preference will be given to those without a long misconduct history.

Please apply to Eric Zehner OCE laundry.

/s/ E. Zehner, Laundry

New Process to purchase Felix photos

First I want to say thanks to all who have been a part of purchasing Felix Photos. Beginning January 1, 2017, if you want a picture with Felix, you will **no longer fill out a CD 28**. You may purchase a Dog Photo Ticket for \$1.50 from Commissary. You will need to write in on the commissary sheet, that you are wanting to purchase Dog Photo Ticket and how many. The commissary sales receipt number will have to be included on the back of the Dog Photo Ticket. There will be a space included to what photo image number you may want to order. On the Front of the Dog Photo Ticket, you will need to fill in your name and SID number along with your housing unit. This all needs to be legible.

Once the Dog Photo ticket is purchased, you will then have either of the dog handlers take your photo. The dog handlers will turn the tickets into Deb Schlueter, Assignment Office Support Specialist II who has been overseeing the photo program. The photos will still be ordered from the same source as of August of 2016.

New Process to purchase Felix photos (cont.)

You will still receive the same quality picture. All proceeds from these tickets go to the care and welfare of Felix.

If you have any questions, you may submit an inmate communication to Deb Schlueter, Office Support Specialist II in the Assignment Office.

/s/ D. Schlueter, Assignment Office

Alternatives to Violence Project Workshop

The Alternatives To Violence Project (AVP) is holding a beginning workshop on January 13 and 20, 2017. It is a two-day, all day, workshop from 7:45 a.m. until 2:45 p.m. and again from 5:30 p.m. to 8:00 p.m. Participants need to be incentive level 2 or 3 and be able to attend all day for both days. In AVP, people learn about and practice living a life of dignity and self-respect in a non-violent manner. If you are incentive level 2 or 3 and would like to take part in this AVP beginning workshop, please send an inmate communication to Activities – AVP. Space is very limited; so do not delay in signing up.

/s/ J. Rodriguez, Activities

What is Influenza (also called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccine each year. **To decrease your chances of spreading or catching the flu it is also important to wash your hands frequently and disinfect surfaces.**

Signs and Symptoms of the Flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Self-Care for the Flu

- Take Acetaminophen or Ibuprofen as directed by manufacture to reduce fever and muscle aches.

- Drink clear fluids, such as water, or sports drinks
- Rest and sleep.

Period of Contagiousness & Onset of Symptoms

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning one day before symptoms develop and up to five to seven days after becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time. The time from when a person is exposed to flu virus to when symptoms begin is about one to four days, with an average of about two days.

If you have questions, concerns, or feel like you have the flu please send an inmate communication to Sick Call.

/s/ C. Coffey, Health Services

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 legal mail postage, or Central Trust check requests and the item will be returned to you. This delays your legal mail or check request. **CD-28's are still only for legal mail through the Legal Library.**
- When mailing an item out of the institution please be sure to select the appropriate size envelope, priority envelope or flat rate box: Standard envelope up to one ounce, international gold envelope up to one ounce, 6.5x9.5 envelope up to two ounces, 10x13 envelope up to three ounces, 12.5x18.5 envelope up to three ounces, Priority envelope if it fits it ships no limit on weight, Small flat rate box no limit, two medium flat rate boxes 50 pound weight limit, two large flat rate boxes 50 pound weight limit, Triangle tube for artwork up to 15 ounces. Note that all Priority envelopes, Triangle Tube and Flat rate boxes utilize tracking and are insured up to \$50 if lost or damaged through the US Postal Service.
- Oversized items such as Guitars and Keyboards need to be mailed out through the Property Cpl. Make sure you speak with the Property Cpl. and follow the instructions given.
- Please remember that the scales in the blocks are an approximation. The final weight of an item is determined by the metered postage

OSP Mail Room (cont.)

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

/s/ C. Toombs, Mail Room

Chapel

Chapel

Everyone is welcome to attend the SIDDHA Yoga Meditation Program held the 4th **Saturday** of each month at **6:30 p.m.** in the Chapel Library. The Program includes meditation, chanting, study, and contemplation, which stills the mind and opens the door to inner peace and a deeper meaning to life. If you are interested, send an inmate communication to the Chapel.

/s/ A. Perlstein, Chapel

Chapel Schedule

SATURDAY, December 24

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. Suni Muslim Study
 Worship Practice

6:00 p.m. Calvary Chapel

SUNDAY, December 25

1:00 p.m. Catholic Mass

MONDAY, December 26

1:00 p.m. Buddhist Discussion Group

6:00 p.m. Restorative Justice

TUESDAY, December 27

1:00 p.m. Russian Bible
 Hare Krishna

6:00 p.m. Buddhist Service
 Prison Fellowship Discipleship
 Catholic Study

WEDNESDAY, December 28

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
 Life Support
 Orthodox Christianity
 Hospice

6:00 p.m. Indigenous Circle ☹
 Acting Group

THURSDAY, December 29

8:00 a.m. Thresholds
 Jehovah's Witness Service
 Jehovah's Witness Spanish

1:00 p.m. TUMI ☹

6:00 p.m. Spanish Non-Violent Communication
 Restorative Justice ☹
 Celebrate Recovery ☹

FRIDAY, December 30

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.