



Holiday Lift Restrictions

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

Rules and Policies

Below is a list of status changes for the Administrative Rules and Policies since 11/10/16.

RULES:

PROPOSED RULES:

291-022: Use of Force for Parole and Probation Officers

- Requires officers to wear protective body armor whenever they leave an assigned work location to perform field duties. Permits officers to carry a department-issued firearm while off duty with proper authorization.

291-065: Parole and Probation Officer Duties

- Updates definitions with current terminology.

The last day to submit comments is **February 14, 2017.**

PERMANENT RULES:

291-079: Shared Information System

- Repealed

- Effective 11/30/16

POLICIES:

50.1.2: Authorization to Carry Firearms (Parole and Probation Officers)

- Updates minimum training requirements, updates business practices related to suspension of authorization to carry a firearm after failing to achieve a qualifying score during qualifications, and adds language regarding expectations when an officer chooses to carry a department-issued firearm while off duty.
- Effective 12/1/16

50.1.3: Electronic Control Devices (Parole and Probation Officers)

- Removes language that is being incorporated into the rules on Use of Force (OAR 291-022).
- Effective 12/1/16

ODOC rules and policies can be accessed through the ODOC website

http://www.oregon.gov/doc/OC/pages/rules_policies/index.aspx

Birdie Worley, ODOC Rules Coordinator, 503-945-0933

Proposed, temporary, and permanently adopted rules are available for review in the inmate Legal Library. Personal copies may be obtained by sending an inmate communication to M. Davidson, Library Coordinator.

Inmates in special housing units may access copies of proposed rules and permanently adopted rules for review by asking the housing unit officer. Personal copies may be obtained by sending an inmate communication to M. Davidson, Library Coordinator.

Proposed rules will be copied free of charge. If you want a personal copy of a permanently adopted rule, there will be a charge for the copy.

Comments on proposed rules may be submitted by inmate communication or letter to: B. Worley, Rules Coordinator, DOC Rules Office.

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

Food Theft

Food theft from the Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available. It also jeopardizes the health of individuals taking food that is perishable and not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served. (Per your Inmate Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an inmate is caught stealing or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the inmate will be issued a minor misconduct report. The minor misconduct report will be for Disobedience of an Order III and will include the

cost of all food items that have to be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the inmate will receive a major misconduct order for Contraband II and will also be charged for the cost of food that has to be disposed of.

2. If the inmate stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuffs found outside the Culinary Section (for example cell searches, etcetera) if the items can reasonably be determined to have been taken from the Foodservices.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the inmate has received a recent previous minor misconduct for the same conduct.

/s/ M. Yoder, Asst. Supt. General Services

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 1st, 2017, if you want a picture with Felix, you will **no longer fill out a CD 28's**. You may purchase a Dog Photo Ticket for \$1.50 from Canteen. After much discussion, you will receive two prints for the \$1.50 Dog Photo Ticket. You may have only 1 image number per ticket. You will need to write in on the canteen sheet, that you want to purchase Dog Photo Ticket and how many. The canteen 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. 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 a kyte to Deb Schlueter, Office Support Specialist II in the Assignment Office.

/s/ D. Schlueter, Assignment Office

Security

NOTICE OF PRISON RAPE ELIMINATION ACT (PREA) AUDIT

The Oregon State Penitentiary will be undergoing an audit for compliance with the United States Department of Justice's National PREA Standards to Prevent, Detect, and Respond to Prison Rape under the Prison Rape Elimination Act (PREA) for Prisons and Jail standards during the following period:

February 6-8, 2017

Any person with information relevant to this compliance audit may confidentially* correspond with the auditors via the following address:

Beth Schubach – PREA
WDOC
PO Box 41131
Olympia, Washington 98501-1131

Prison Rape Elimination Act

Questions and Answers

Here are the most asked questions when it comes to PREA:

1. How can I report a PREA allegation?
Answer: You can report an allegation to any staff member, the OIC, PREA grievance, PREA hotline, inmate communication and by third party.
2. If I use the PREA hotline or advocacy hotline are my calls confidential.
Answer: Yes, once you enter your pin number and press 9 for the PREA hotline or 711 to talk to a victim advocate, the phone system will not record the conversation or log that the number was called.
3. What is the buzzer sound I hear in all housing blocks, units and infirmary?
Answer: That buzzer sound is to make all inmates aware that a staff member of the opposite gender has entered the area.
4. Is there a resource outside of the institution I can talk to about PREA confidentially?
Answer: Yes, the Center for Hope and Safety is an advocacy group that is there for you 24/7.
The role of the advocate is to –
Amplify the victim's voice
Redirect victim blaming
Provide emotional support
Explain options for reporting

Help victim process decision (not guide, recommend or suggest what is right)
Provide resources and referrals
Sit through forensic exam / investigatory interview if desired by the victim.
Support family and friends of the victim

You can reach the advocate by dialing 711. The calls are confidential, not logged or recorded.
Single Cell Housing

All requests for **Single Cell Housing** must come through the Group Living Captain.

BHS and medical staff input, as well as facility needs, will be taken into account when deciding who to place into the single cells that become available.

Single cell housing priority will be:

1. Medical concerns
2. BHS concerns
3. Administrative concerns
4. Inmate convenience move requests

Once an inmate is housed in a single cell, if a higher priority placement concern occurs, the inmate may be removed. Issues with inmate conduct may result in removal from a single cell.

/s/ S. Alvis, Security

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

Miscellaneous

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 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

Siddha Yoga

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.

Bahai Faith Announcement.

A Bahai faith intro and discussion group will be held on Monday's in the Chapel from 2-3 p.m. If you are interested in attending please send an inmate communication to the Chapel.

Restorative Justice (RJ)

Williamte University and The Restorative Justice Discussion Group will be offering a 15-week course exploring the impact of incarceration on people's lives. The class will be writing centered with assignments due weekly. This course is available for those who have previously participated in a RJ class or group. Only 15 participants will be selected after an interview process conducted by the Professor and Rabbi Perlstein. The class will meet on **Monday evenings from 6-8pm, beginning January 23, 2017.**

/s/ A. Perlstein, Chapel

Chapel Schedule

SATURDAY, December 31

- 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
Seventh Day Adventist Service
- 6:00 p.m.** Calvary Chapel

SUNDAY, January 1

- 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
Lutheran
Urantia

MONDAY, January 2

- 1:00 p.m.** Buddhist Discussion Group
Baha'i
MacLeod ☹
Hux ☹
Restorative Justice
- 6:00 p.m.** Restorative Justice

TUESDAY, January 3

- 1:00 p.m.** Russian Bible
Lifeline
Torah Men
- 6:00 p.m.** Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non Violent Practice Group ☹

WEDNESDAY, January 4

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study
Orthodox Christianity
- 6:00 p.m.** Indigenous Circle ☹
Acting Group

THURSDAY, January 5

- 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 ☹
Christian Journaling

FRIDAY, January 6

- 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.