



## **Security**

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### **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

## **Activities**

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### **Characteristics of an Effective Leader Class**

Capital Toastmasters Club is offering a Characteristics of an Effective Leader Class on Saturday, March 4, 2017, from 12:30 to 3:00 p.m. to General Population, level 2s and 3s. Participants study qualities of leadership, the leadership gap, and leadership styles that help determine a person's leadership profile. This is valuable knowledge that will help a person improve their leadership skills.

There is a \$2 fee to all non Toastmasters International Dues Paying members to cover the cost of refreshments, course materials, and the certificates of completion. If you would like to expand your leadership skills, send an inmate communication and CD-28 to Capital Toastmasters before February 24, 2017. CD-28s will be held until March PRAS pay is posted. If you are indigent and would like to attend, let us know.

/s/ C. McFadden, Activities

**Capital Toastmasters Congratulates**

Once again, the members of the Capital Toastmasters club continues to work to educate themselves and advance in their personal growth. Part of this journey is working towards attaining the numerous levels in the communication and leadership tracks that Toastmasters International has for all club members. Recently some of our club members completed the next level in their journey towards becoming better communicators and leaders. The Executive Body congratulates the following members for their recent accomplishments:

- John Alexander for attaining his Competent Leader (CL) Award
- Shawn Freitag for attaining his Competent Communicator (CC) Award
- Mick Taylor for attaining his Advanced Communicator Bronze (ACB) Award

The skills being learned revolve around speaking, listening, and thinking. These are skills that promote self-actualization, enhance leadership potential, foster human understanding, and contribute to the betterment of mankind all while finding the courage to change.

Way to go!

/s/ J. Rodriguez, Activities

**Commissary**

**Commissary News, Updates and Reminders**

**Updates**

**• 8” TVs**

We were notified by our vendor that they have run out of the 8” TVs. The 8” TVs will only be available while supplies last. We are working on a replacement TV option, but there may be a gap in supplies until new ones are available.

**• Photo Ticket Prices**

The price of photo tickets has not changed since 2005 despite their increasing costs. Effective March 6, 2017, the price of photo tickets will go up. Stay tuned for more information.

**• Guitar Prices**

Due to some vendor price changes and the fact we are now being charged for freight, the cost of Schecter guitars and cases has increased.

Electric Guitar Package include: Schecter Omen 6 Electric Guitar, Schecter Case, Pocket Rockit, 9 V Battery

Right-hand Package --- \$503.39      Left-hand package --- \$531.39

Electric Bass guitar package include: Schecter Omen 4 Bass Guitar, Schecter Bass Guitar Case, Pocket Rockit, 9 V Battery

Right-hand Package --- \$565.39      Left-hand Package --- \$593.39

**• Garlic Powder Prices**

Due to a substantial increase in the price of garlic internationally, we will be increasing the price of our garlic powder.  
 SPICE SUPREME GARLIC POWDER 2.5 OZ.  
 Old retail - \$1.36  
 New retail - \$1.57

**Price Reductions**

- Jet Puffed Marshmallows (100 oz.) \$1.75
- Armour Beef Stew (8 oz.) \$1.75
- Obrien’s Beef Salami (5 oz.) \$1.75
- LD Red Velvet Christmas Tree \$1.75
- Huy Fong Sriracha Sauce (17 oz.) \$2.45
- Hershey’s Candy Cane (1.5 oz.) \$0.85
- Irish Spring Signature 3 in 1 (15 oz.) \$4.00
- OldSpice Bar Soap
- Swagger (5 oz.) \$0.95
- FP Pink Salmon (3 oz.) \$1.60
- Gracey’s Goody Hot Tamales (2.75 oz.) \$0.80
- FP Mackerel in Brine (3.5 oz.) \$1.25

- BC Summer Sausage w/ Cheddar (5 oz.) \$1.75
- Honey Maid Graham Crackers (14.4 oz.) \$3.00
- Coffee Mate Caramel Macchiato (15 oz.) \$3.50
- Emporia Salt & Pepper Set (5.4 oz.) \$1.75
- Spice Time Onion Powder (2.5 oz.) \$1.50
- Sathers Sour Night Crawlers (4 oz.) \$0.75

\*items may not be available at all locations

## Postage Rate Increases

The USPS has raised postage rates on selected items effective 1/22/17. Below are the new Commissary prices that were set to go into effect on Monday 1/23/17.

Standard envelopes increased \$0.02, large envelope flats increased \$0.04 and some flat rate boxes a Iso based. No increases were made on postcards or international mail.

Standard envelope \$0.58  
 International envelope (up to 2oz. domestic)- \$1.39  
 6.5 X 9.5 domestic- \$1.39  
 10 X 13 domestic - \$1.75  
 9 X 12 domestic- \$3.74  
 12.5 X 18.5 domestic- \$3.80  
 Priority Envelope- \$7.15

For institutions using the flat rate box program, below are the new Commissary prices:

Small flat rate box- \$7.65  
 Medium flat rate box- \$14.10 large flat rate box- \$19.35

/s/ B. Kittsen, Commissary

## Miscellaneous

### What You Need to Know about Hepatitis

The following article provides information from the Centers for Disease Control and Prevention (CDC) and the World Health Organization



Organization (WHO). First, you may be asking yourself, “What is Hepatitis”? Well, here is the answer. Hepatitis is an inflammation of the liver. The condition can resolve itself without treatment or it can progress to scarring of the liver which is what we call cirrhosis. It could also lead to a diagnosis of liver cancer. Hepatitis viruses are the most common cause of Hepatitis, but other infections, toxic substances (for example; alcohol, certain drugs), and autoimmune diseases can also cause hepatitis. There are five main hepatitis viruses; types A, B, C, D, and E.

**Hepatitis A virus (HAV)** is present in the feces of infected persons and is most often transmitted through consumption of contaminated water or food. Certain sex practices can also spread HAV. Ways to prevent transmission of Hepatitis A are; wash hands after using the bathroom and before handling food or eating. If you think you have been exposed to hepatitis A, ask your physician or local health department if immune globulin

is right for you. When traveling to areas where hepatitis A is common, avoid drinking water that may not be clean and eating uncooked fruits or vegetables.

Some people with Hepatitis A do not have any symptoms. If you do have symptoms, they may include; fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored bowel movements, joint pain or Jaundice (a yellowing of the skin or eyes). Infections are mild in many cases, with most people making a full recovery and remaining immune from further HAV infections. However, HAV infections can also be severe and life threatening. Safe and effective vaccines are available to prevent HAV.

**Hepatitis B virus (HBV)** is transmitted through exposure to contaminated blood, semen, and other body fluids. HBV can be transmitted from infected mothers to infants at the time of birth, or from family member to infant in early childhood. Transmission may also occur through transfusions of HBV-contaminated blood and blood products, contaminated injections during medical procedures, and through intravenous drug use. HBV also poses a risk to healthcare workers who sustain accidental needle stick injuries while caring for HBV-infected patients. Safe and effective vaccines are available to prevent HBV. The presence of signs and symptoms varies by age. Most children under age five years and newly infected immunosuppressed adults do not have any symptoms, whereas 30%–50% of persons aged  $\geq 5$  years present initial signs and symptoms of the infection. When present, signs and symptoms can include; fever, fatigue, loss of appetite, nausea, vomiting, abdominal pain, dark urine, clay-colored bowel movements, joint pain or Jaundice (a yellowing of the skin or eyes).

**Hepatitis C virus (HCV)** is a blood-borne virus. Today, most people become infected with the Hepatitis C virus by sharing needles or other equipment to inject drugs. For some people, Hepatitis C is a short-term illness. However, 70%–85% of people who become infected with Hepatitis C, experience a long-term, chronic infection. Chronic Hepatitis C is a serious disease than can result in long-term health problems, even death. The majority of infected persons might not be aware of their infection because they are not clinically ill. The symptoms of HCV are the same as the other hepatitis viruses. There is no vaccine for Hepatitis C. The best way to prevent Hepatitis C is by avoiding behaviors that can spread the disease, especially injectable drug use. For more information about treatments for Hepatitis C, you can go to the CDC website.

### **What You Need to Know about Hepatitis** (cont.)

**Hepatitis D virus (HDV)** infections occur only in those who are infected with HBV. The dual infection of HDV and HBV can result in a more serious disease and worse outcome. Hepatitis B vaccines provide protection from HDV infection.

**Hepatitis E** is a liver infection caused by the Hepatitis E virus (HEV). Hepatitis E is a self-limited disease that does not result in chronic infection. While rare in the United States, Hepatitis E is common in many parts of the world. It is transmitted from ingestion of fecal matter, even in microscopic amounts, and is usually associated with contaminated water supply in countries with poor sanitation. There is currently no FDA-approved vaccine for Hepatitis E.

Why is Hepatitis such a big deal? Well, chronic Hepatitis can lead to Cirrhosis, or scarring of the liver tissue. Cirrhosis is caused by many forms of liver diseases and conditions, such as hepatitis and chronic alcoholism. The liver carries out several necessary functions, including; removing harmful substances in your body, cleaning your blood, making protein, fighting infections, helping digest food and storing energy. Cirrhosis occurs in response to damage to your liver. Each time your liver is injured, it tries to repair itself. In this process, scar tissue forms. As cirrhosis progresses, more and more scar tissue forms, making it difficult for the liver to function properly. The liver damage done by cirrhosis generally can't be undone. Cirrhosis can increase your risks of bruising or bleeding, nosebleeds, swelling of the abdomen or legs, sensitivity to medicines, high blood pressure in the vein entering the liver, enlarged veins called varices in the esophagus and stomach, kidney failure, Jaundice, severe itching and gallstones.

In closing, please take care of your bodies and liver. Get vaccinated against Hepatitis A and B. If you have participated in any of the modes of transmission for Hepatitis, please get tested. The liver is a vital organ and needs to be treated as such.

/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**

### **Bahai Faith Announcement.**

A Bahai faith intro and discussion group will be held on Monday's in the Chapel from 2:00 – 3:00 p.m. If you are interested in attending please send an inmate communication form to the Chapel.

### **Restorative Justice (RJ)**

Willamette 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

**Restorative Justice (RJ)** (cont.)

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 FEBRUARY 23, 2017**. If you are interested in attending please send an inmate communication form to the Chapel.

/s/ K. Thompson, Chapel

## Chapel Schedule

**SATURDAY, February 18**

**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.** Sunni Muslim Study  
Worship Practice  
Sunni Muslim Study

**6:00 p.m.** Calvary Chapel

**SUNDAY, February 19**

**8:00 a.m.** Spanish Protestant Service  
Jehovah's Witness Spanish  
Shambala Retreat

**1:00 p.m.** Catholic Mass  
Jewish Study

**6:00 p.m.** Latter Day Saints Study  
Urantia  
Lutheran

**MONDAY, February 20**

**1:00 p.m.** Buddhist Discussion Group  
Restorative Justice

**6:00 p.m.** Restorative Justice

**TUESDAY, February 21**

**8:00 a.m.** Universal Unitarian

**1:00 p.m.** Russian Bible  
Torah Men  
Lifeline

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

**WEDNESDAY, February 22**

**8:00 a.m.** OSP Choir Practice

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

**6:00 p.m.** Indigenous Circle  
RJ Theater

**THURSDAY, February 23**

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

**1:00 p.m.** TUMI 🚫  
Spanish Catholic

**6:00 p.m.** Christian Journaling  
Celebrate Recovery 🚫

**FRIDAY, February 17**

**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.