



Commissary

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

Commissary News, Updates and Reminders

Happy New Year!

Commissary would like to take a moment to explain the change on how exempt items will be noted on the Commissary Order Forms. Every item that is marked with an * will be exempt from your total spending limit. Please watch for changes to your Commissary Order Forms.

Commissary Reminders:

The following guidelines were put in place November 1, 2016, for the return of soda tickets for credit:

- Soda tickets will only be credited if an inmate has been transferred to a different facility.
- The inmate has 30 days from the date of transfer to submit an inmate communication form requesting a credit from the Commissary where the soda tickets were purchased. You must include the unused soda tickets and a receipt as proof of purchase. The receipt may not be more than 90 days old from the date of request.
- Commissary will not issue credit for damaged tickets or issue credit if the soda machine takes your ticket without dispensing a soda.

Please write legibly and include your full name, SID number, and institution when submitting a Commissary Order Form, communication or suggestion form to Commissary.

Commissary appreciates all suggestions and requests. Unfortunately, due to the extreme volume of suggestions and requests Commissary receives, we cannot respond to each request individually. Please watch your newsletter for periodic updates regarding items being added or discontinued. If a product is

approved you will see it added to the Commissary list. We strive to keep updated quality products and to remove unpopular items from Commissary. Please continue to submit your suggestions and requests.

Make sure the shoes or boots fit before you accept them. There is no DOC canteen warranty and all sales are final.

ACCESS VENDOR WARRANTY: We offer a 30 day limited warranty on all shoes. If the shoes have a manufacturer's defect, do not have worn soles, do not show signs of abuse and were purchased within the 30-day period, send the shoes, sales receipt, package authorization slip and a brief explanation for the return to:

**Keefe Group Customer Service
ATTN: Oregon Canteen Shoe Returns
55-101 Vista Blvd.
Sparks, NV 89434**

If the shoes are determined to be defective and fall within these guidelines, we will replace them with the same shoe at no charge. If the same shoe is out of stock or discontinued, we will replace them with a similar shoe in price and style. There will be no cash refunds. Any shoe over 30 days old will not be replaced or repaired. Please do not try to return shoes that are over 30 days old; they will be returned at owner's expense. Vendor offers a 30-day warranty for manufacturer defects. Commissary is not the warrantor. No manufacturer warranty applies. ODOC adults in custody are not allowed to return their shoes to the manufacturer for repair or replacement.

DISCLAIMER: Every effort has been made to show and describe the merchandise and all information as accurately as possible. However, many manufacturers make changes in design, color and style during the year. We regret any changes that may occur. All shoes are subject to DOC approval and can be removed at any time. *** Above information copied directly from the Oregon Shoe Catalog***

Miscellaneous

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

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

Restorative Justice (RJ) (cont.)

participants will be selected after an interview process conducted by the Professor and Rabbi Perlstein. The class will meet on **Monday evenings from 6-8 p.m., beginning January 23, 2017.**

/s/ A. Perlstein, Chapel

Chapel Schedule

SATURDAY, January 7

- 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 8

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

MONDAY, January 9

- 8:00 a.m.** Restorative Justice Writing
- 1:00 p.m.** Buddhist Discussion Group
- 6:00 p.m.** Restorative Justice

TUESDAY, January 10

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

WEDNESDAY, January 11

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

THURSDAY, January 12

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI ☹
Spanish Catholic
- 6:00 p.m.** Gospel Worship
Celebrate Recovery ☹

FRIDAY, January 13

- 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.