



Activities

AVP Workshop

The Alternatives To Violence Project (AVP) is holding a beginning workshop on July 14 and 21, 2017. It is a two-day, all day, workshop from 7:15 a.m. until 2:45 p.m. and again from 5:30 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 AVP in Activities. Space is very limited; so do not delay in signing up.

/s/ C. McFadden, Activities

Athletic Club Running Program June Race Results

5K

18-29	1st	C. Eller	21:37
	2nd	C. Lake	21:48
	3rd	D. Sesock	22:23
30-39	1st	G. Hamilton	20:24
	2nd	E. Middleton	20:31
	3rd	B. Gillespie	21:42
40-49	1st	Stacy H. (Guest)	25:01
	2nd	D.Hendricks	26:04
	3rd	S. Giesecker	26:07
50-59	1st	F. Tunner	23:45
	2nd	R. Bogle	25:02
	3rd	Jenni K. (Guest)	25:05
60-69	1st	L. Closner	28:41
	2nd	Debra H. (Guest)	32:05
	3rd	C. Teter	32:09
70+	1st	L. Moore	29:28
	2nd	G. Caughey	33:55
	3rd	Thomas H.(Guest)	45:52

10K

30-39	1st	J. Jacobs	38:19
	2nd	M. Pattiani	43:33

40-49	1st	L. Douglas	42:46
	2st	S. Better	48:33
	3rd	T. Shubert	52:01

/s/ B. Marion, Activities

Miscellaneous

Trans Fat Free Margarine/Shortening Coming to ODOC!

On June 18, 2018, all manufacturers must ensure that their products no longer contain partially hydrogenated oils unless authorized by the FDA. The good news is that we are ahead of the game and will be making the change in July, 2017. Artificial trans-fats are created through a manufacturing process that adds hydrogen to liquid vegetable oils to make them more solid. This process is called hydrogenation. Trans fats don't spoil as quickly as other fats and have a longer shelf life. They can be found in snack foods, commercial cakes and cookies, margarine, shortening and microwave popcorn. Trans fat is also naturally found in small amounts in some animal products such as meat, whole milk and milk products. Trans fats raise you bad (LDL) cholesterol levels and lower you good (HDL) cholesterol. These types of fats may increase your risk of developing heart disease, stroke and diabetes. It is still a good idea to limit your overall fat consumption to fewer than 30% of you total daily calories.

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

Coronary Artery Disease (CAD), Male

Heart disease is the #1 killer in the United States. The most common type of heart disease is Coronary artery disease (CAD). CAD is a process in which the blood vessels of the heart (*coronary arteries*) become narrow or blocked. The narrowing or blockage can lead to decreased blood flow to the heart muscle causing chest pain. Long periods of time with reduced blood flow can cause parts of the heart muscle to die which is what occurs during a heart attack. Because CAD is the leading cause of death in men, it is important to understand what causes this condition and how it is treated.

Coronary Artery Disease, Male (cont.)

Over time, CAD can also weaken the heart muscle and contribute to *heart failure* and *arrhythmias*. Heart failure means the heart can't pump blood well to the rest of the body. Arrhythmias are changes in the normal beating rhythm of the heart.

Causes

Atherosclerosis is the cause of CAD. This is the buildup of fat and cholesterol often referred to as plaque, on the inside of the arteries. Over time, the plaque may narrow or block the artery, and this will decrease blood flow to the heart. Plaque can also become weak and break off within a coronary artery to form a clot and cause a sudden blockage.

Risk factors

Many risk factors increase your chances of getting CAD, including:

- High cholesterol levels.
- High blood pressure (*hypertension*).
- Tobacco use.
- Diabetes.
- Age. Men over age 45 are at a greater risk of CAD.
- Gender. Men often develop CAD earlier in life than women.
- Family history of CAD.
- Obesity.
- Lack of exercise.
- A diet high in saturated fats.

Symptoms

Many people do not experience any symptoms during the early stages of CAD. As the condition progresses, symptoms may include:

- Chest pain.
- The pain can be described as a crushing or squeezing in the chest, or a tightness, pressure, fullness, or heaviness in the chest.
- The pain can last more than a few minutes or can stop and recur.
- Pain in the arms, neck, jaw, or back.
- Unexplained heartburn or indigestion.
- Shortness of breath.
- Nausea.
- Sudden cold sweats.

Diagnosis

Tests to diagnose CAD may include:

- ECG (*electrocardiogram*).
- Exercise stress test. This looks for signs of blockage when the heart is being exercised.

- Pharmacologic stress test. This test looks for signs of blockage when the heart is being stressed with a medicine.
- Blood tests.
- Coronary angiogram. This is a procedure to look at the coronary arteries to see if there is any blockage.

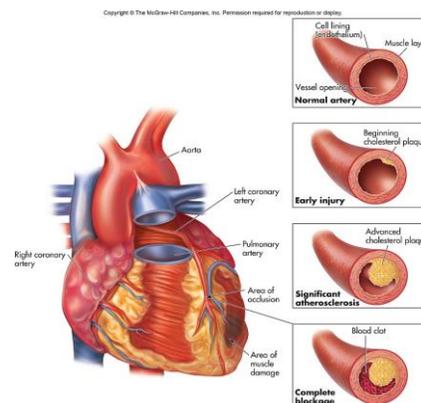
Treatment

The treatment of CAD may include the following:

- Healthy behavioral changes to reduce or control risk factors.
- Medicine.
- Coronary stenting. A stent helps to keep an artery open.
- Coronary angioplasty. This procedure widens a narrowed or blocked artery.
- Coronary artery bypass surgery. This will allow your blood to pass the blockage (*bypass*) to reach your heart.

Come see medical if:

- You have pain in your chest, neck, arm, jaw, stomach, or back that lasts more than a few minutes, is recurring, or is unrelieved by taking medicine under your tongue (*sublingual nitroglycerin*).
- You have profuse sweating without cause.
- You have unexplained:
 - Heartburn or indigestion.
 - Shortness of breath or difficulty breathing.
 - Nausea or vomiting.
 - Fatigue.
 - Feelings of nervousness or anxiety.
 - Weakness.
 - Diarrhea.
 - You have sudden light-headedness or dizziness.
 - You faint.



Seven Surprising Jicama Benefits

Some of the health benefits of jicama include its ability to help you manage your weight, optimize your digestion, boost your immune system, prevent various types of cancer, increase your energy levels, help manage diabetes, and build strong bones. Jicama also helps to increase circulation, lower blood pressure levels, and boost brain function.

Jicama is a root vegetable that is native to central and South America, and has been used for thousands of years as a dietary element and a medicinally beneficial substance. The name "jicama" is also the name of the vine of this vegetable, although the tuberous root is the *most commonly* eaten part. Some other names for jicama include the Mexican yam, or the Mexican turnip. In terms of a scientific name, this root vegetable is classified as *Pachyrhizus erosus*.

The root itself can grow up to two meters long, and can weigh up to 20 kg, although those are certainly extreme sizes. They require between 6-9 months of frost free growth time, so they are mainly cultivated in warm weather, making Mexico and the surrounding areas of the American ideal. It began in Mexico but soon moved to the Philippines, and from there, it went to China and other parts of Southeast Asia. It is not a popular element in those cuisines.

The interior of the jicama is similar to a potato or a pear in terms of consistency and color. Like most root vegetables, it is *high* in starch, like other potato varieties. It is most commonly eaten raw, perhaps seasoned with various spices or fruit juices, as well as chili powder. It can also be cooked in soups and stir fry dishes, but some of its health benefits are slightly decreased in that way. Jicama can also be dried into slices like potato fries and used in dips. They are also good elements to add to various salads and side dishes. However, while the root is very beneficial and delicious, the rest of the vine vegetable is highly poisonous, including the seeds!

Now, let's explore the nutritional elements that make jicama so important for the diet of various cultures around the world.

Nutritional Value of Jicama

Jicama's health benefits are mainly derived from the unique mixture of vitamins, minerals, phytonutrients, and other organic compounds, including dietary fiber, vitamin C, vitamin E, folate, vitamin B6, pantothenic acid, potassium, magnesium, manganese, copper, iron, and a small amount of protein. Let's see how these

nutritional elements give jicama its unique health benefits!

Health Benefits of Jicama

Jicama provides many health benefits that include the following:

Digestion: One of the most important elements of jicama is the high *levels of* dietary fiber that it contains. Dietary fiber helps to boost the bulk of stool, thereby helping it move through the digestive tract and reducing conditions like constipation. Furthermore, jicama is a rich source of a particular soluble fiber called oligofructose inulin, which is a sweet, inert carbohydrate that does not metabolize into simple sugars. This *means* that for diabetic patients, jicama can be a great way to have some sweet food without worrying about the blood sugar fluctuation that is usually a result.

Immune System: There is a very large amount of vitamin C found in jicama; 100 grams of jicama is approximately 40% of our entire daily requirement for ascorbic acid. Vitamin C is an essential part of our immune system health and stimulates the white blood cells, which are the body's first main line of defense against illness. Battling bacterial, viral, fungal, or pathogenic diseases is greatly helped by adding vitamin C to your body. Also, the antioxidant *potential* of vitamin C means that it helps in the fight against cancer by neutralizing the effects of free radicals that have been connected with heart disease and cancer. Free radicals are found in the body as a result of cellular metabolism.

Blood Pressure: As a rich source of potassium, jicama is *able to help* manage blood pressure, since it is a vasodilator and reduces the tension on blood vessels and arteries, thereby lowering the stress on the cardiovascular system. Potassium is also essential for maintaining fluid balance in opposition to sodium throughout the body, thereby keeping our bodies hydrated and functioning at a high level.

Circulation: The *significant amounts* of copper and iron found in jicama make it very good for maintaining the health of the circulatory system, since those two minerals are important elements of red blood cells. Without those components, people suffer from anemia and low functioning of the organs that require fresh, oxygenated blood to properly function.

Brain Function: Vitamin B6 has been linked to increased brain function and cognitive abilities, and jicama has this vitamin in significant amounts. Furthermore, vitamin B6 is *integral in breaking down*

Seven Surprising Jicama Benefits (cont.)

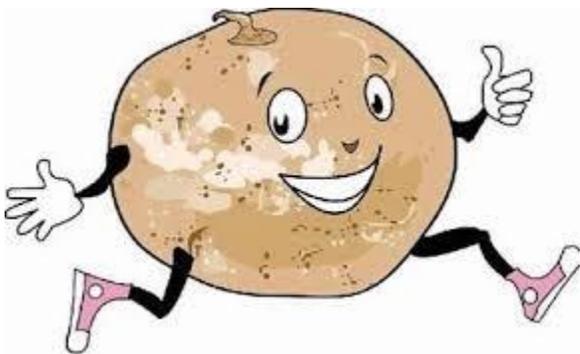
proteins into usable amino acids and other forms of protein for humans. This maximizes the metabolic processes and efficiency of various organ systems.

Strong Bones: The levels of minerals like manganese, magnesium, iron, and copper found in jicama mean that this root vegetable can be a major *booster* for our bone mineral density. These minerals are essential for building strong, new bones and healing any damage to existing bones. This is also the best way to prevent the onset of conditions like osteoporosis, which millions of people suffer from all over the world.

Weight Management: Low-calorie foods are *very important* for those trying to lose weight, especially when those low-calorie foods are also packed with nutrients and dietary fiber to make your body feel full. Jicama only has 35 calories per 100 grams, and is clearly filled with nutrients and fiber. Jicama is an excellent snack to reduce your appetite and curb cravings, without gaining any weight or losing any nutritional benefits.

A Few Words of Caution: As mentioned earlier, the root of jicama is edible, but the rest of the plant is highly toxic. Be careful not to eat the seed pods, leaves, or vines. Other than that, jicama is a healthy choice that can bring you a number of benefits!

/s/ A. Powers, Food Services



Electronics Repair Program

The electronics repair program at the Oregon State Penitentiary has been suspended until further notice. Please do not send any repair request to Group Living during this time. Thank you

/s/ Capt. D. Long, Group Living

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 Schedule

SATURDAY, June 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
Seventh Day Adventist Service
Worship Practice
- 6:00 p.m.** Calvary Chapel
Asatru

SUNDAY, June 25

- 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
University Fellowship
Urantia

MONDAY, June 26

- 1:00 p.m.** Buddhist Discussion Group
Restorative Justice
- 6:00 p.m.** Restorative Justice
Hospice

TUESDAY, June 27

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

WEDNESDAY, June 28

- 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, June 29

- 8:00 a.m.** Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
- 6:00 p.m.** Celebrate Recovery 🚫
Christian Journaling

FRIDAY, June 30

- 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.