



## **Security**

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### **Retraction from the March 9, 2017 Walled Street Bulletin...**

Inmates in Special Housing units may access copies of proposed rules and permanently adopted rules for review by sending an inmate communication to **the Legal Officer in either DSU or SMH** not the housing unit officer.

/s/ Lt. Kleier, Security

### **Toenail Clippers Use Changes**

For those of you who have been sending inmate communications to medical services to use the toenail clippers, because you are unable to cut your toenails with the fingernail clippers sold from Commissary – Starting February 27, 2017, you will need to send your inmate communications requesting use of toenail clippers to: **Group Living/Toenail Clippers**; and you will be sent a call-pass.

Anyone with a stair restriction, however, will still need to send an inmate communication to medical services to use the toenail clippers there.

/s/ Group Living Captain

### **Package Authorizations**

Package Authorizations (PA) are to request a specific needed item that is not available in the Commissary. If you have a specific medical need, the request would go to Health Services. If you are requesting religious items, the request would be sent to Religious Services. All other package authorization request should be submitted to the Operations Captain. These request should include the item and an explanation of why the items is needed. If it is determined that there is not a legitimate need for the requested item, the request will be denied. If it is determined that there may be a need for the requested item a Package Authorization form will be returned to complete.

### **Summarized PA Process:**

1. The inmate fills out Section 1 of the Package Authorization form and submits it to the Operations Captain
2. The Operations Captain will approve or deny the request at the institution level.
  - a. If the Operations Captain denies the request at the institution level it is immediately returned to the inmate.
  - b. If the Operations Captain approves the request at the institution level, the Assistant Superintendent of Security will take the PA request to the ISM meeting for statewide approval.
3. If the PA is approved at the statewide level, it will be given to the Statewide Commissary Manager to process.
4. Items will be shipped to NWC and distributed to the inmate with their normal commissary order.

/s/ Capt. Long, Security

## **Activities**

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### **KFC Fundraiser**

The Car Show fundraiser is April 5, 2017, at 11:30 am. The menu will consist of four pieces of Kentucky Fried chicken, mashed potatoes with gravy, biscuit, two KFC cookies, and juice/punch to drink. Menu subject to change. Price is \$16.50. Open to NCI Level 2 or 3.

Put your CD-28, made payable to Car Show, in the Activities box (Do not take your CD-28 to the control center). CD-28s will be processed as received unless you ask for it to be held until March 20, 2017, OCE pay at the latest.

Delivery to Call Center, Metal Shop, Infirmary, and Special Housing.

### **Improving Your Management Skills Class**

Capital Toastmasters is offering the ***Improving Your Management Skills*** class on Saturday, April 22, 2017, at 12:15 p.m. until 3:00 p.m. This class is designed to help participants become more effective managers and is open to all Incentive Level 2 and 3 in General Population and ICH. There is a \$2 fee to non-members, to cover the cost of refreshments, course materials, and the certificate. Send an inmate communication and CD-28 to Capital Toastmasters before April 10, 2017. Since this is a one-day class with certificates, there will not be an optional line to leave early. There are limited openings for indigent attendees; please let us know if you qualify. Register early; space is limited.

### **Spring Term Inside-Out U of O Classes**

**Classes begins April 3 – June 8, 2017** on the Chapel/ Education Floor.

#### **First Class:**

**Course Title: FHS 410 / Liberating Education -CRN 36907, 3 credits**

**Instructor: Professor Deanna Belcher**

**Class Day and Time: Mondays, 6:00 p.m. - 8:50 p.m.**

In the course, both inside and outside students will thoughtfully examine our deeply held, even cherished, notions of the role of education in our lives, democracy, and society. What do we believe about public education and what is the source of that belief? Second, we will critically question the actual role of our system of public education in our society today, and how it has evolved over time. Final projects will ask students to envision an ideal public education system, one that is liberated from its historical assumptions and is able to provide liberation, rather than schooling, to all people.

#### **Second Class:**

**Course Title: SOC 410 / Race, Gender, and Poverty in the US -CRN 36908, 4 credits**

**Instructor: Professor Ellen Scott**

**Class Day and Time: Tuesdays, 6:00 p.m. - 8:50 p.m.**

In this course, we will we will consider the intersections of race, gender and class and how they are experienced in, and how they shape institutions, such as the labor market, social welfare system,

education, family life and parenting, and the criminal justice system, for example. We will read 4-5 ethnographies to examine the politics of race, class and gender in the United States. The class will be entirely discussion-based, with the possible use of an occasional short film to highlight the themes in the texts read for the week. We will conclude by employing the concepts from the course to examine our own lives through the lens of the institutional structures studied (work/economy, education, family, criminal justice system). This will constitute the core of the final essay for the course.

**For both of these classes, to qualify you must not have any convictions for sex offences, must not have any inmate to staff relationship disciplinary violations, must be incentive Level 3, and have a GED. If you are interested please send your Inmate communication to Ms. Lans in Activities by March 17, 2017, indicating which class you would like to take.**

**Mandatory attendance is required.**

### **Food Ban**

When attending an event on the Activities floor that is serving food, such as a meeting or a fundraiser, **do not attempt to take food from the Activities floor.** Those who violate this order will receive a cell-in and will be restricted from future food events. Please note the posted signs stating this.

/s/ P. Lans Activities

### **Pizza and Pie Fundraiser**

Capital Toastmasters fundraiser is April 12, 2017. The menu will consist of half a large Izzy's thick crust pizza and a generous piece of Costco caramel pecan cheesecake.

#### **Pizza options are:**

- Deli: Salami, Canadian Bacon, pepperoni, sausage, beef, mushrooms, olives, pineapple, green pepper, onions, and tomatoes
- Manager's Choice: Canadian Bacon, pepperoni, beef, mushrooms, and pineapple
- Izzy's Special: Salami, pepperoni, sausage, beef, mushrooms, and olives
- Hawaiian Supreme: Canadian Bacon and pineapple
- The Vegetarian: Mushrooms, olives, pineapple, green peppers, onions, and tomatoes

### Pizza and Pie Fundraiser (cont.)

- Chicken Option: Chicken, mushrooms, olives, and tomatoes

#### **Pie:**

- Caramel Pecan Cheesecake (everyone will get this option unless you indicate at the time of signup)
- Plain Cheesecake available upon request at signup.

The price is \$17.50 and CD-28s will be processed as received unless you ask for it to be held until March 20, 2017, OCE pay at the latest. To sign up, write your pizza and pie choices in the top margin of the CD-28 and put your CD-28 in the Activities box (**Do not take your CD-28 to the Control Center**). This event is open to incentive Level 2s and 3s in General Population, Death Row, and Infirmary. As with all fundraisers, menu items are subject to change.

/s/ C. McFadden, Activities

## Miscellaneous

### Medication Refills

Just a reminder on in cell medications...When ordering refills on your medication be sure to send in an Inmate Communication five days in advance. There is at least a three day turn around for medications to be filled by Pharmacy Services. Once your refill has arrived, you will be notified when it is available for pick up.

Remember, no other medication is allowed in your bunk area or on your person except medical issued or items purchased from Commissary. Issued medications must be kept secured in your assigned bunk box or locker. Sharing, bartering or misuse of medications is strictly forbidden.

### Washing Your Hands

"I don't have to wash my hands, they aren't dirty." Hmmmm. Actually, unless you are a surgeon freshly scrubbed and ready to operate, they are dirty and you just can't see the germs.

Let's talk about bacteria and viruses; which are the germs that make us sick. Germs are so small the only way to see them is through a microscope, which is why we can't just look at our hands to tell if they are clean. Germs hang out in all sorts of places like door knobs, telephones, on pens and pencils, hand railings, keyboards, and remote controls to name a few; so, it

is a good habit to wash your hands after you've been touching those things, especially before you prepare or eat food. The best way to clean the germs off of hands is to wash them with warm water and soap and yes, the water and soap at OSP are perfect. The best way to dry your clean hands is with a clean towel or airing them dry, so your pant legs or shirt front DON'T count! The last thing to do in order to effectively wash your hands after you get them wet is to rub soap all over them and keep rubbing and scrubbing for 20 seconds. Unless you have a timer handy, singing the Alphabet song or Twinkle, Twinkle Little Star twice just happens to be around 20 seconds! I'll let you decide whether you sing to yourself or out loud, though!

Now you know that we have the two things needed for effective hand washing: clean water and soap. No excuses! Wash those hands and help keep yourself and others healthy.

(All facts in this article obtained from Center for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/handwashing.html>)

RN Stedronsky-Soward

/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.

**OSP Mail Room (cont.)**

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

**SUNDAY, March 19**

- 8:00 a.m.** Spanish Protestant Service  
Jehovah's Witness Spanish  
Russian Baptist
- 1:00 p.m.** Catholic Mass  
Jewish Study
- 6:00 p.m.** Latter Day Saints Study  
Urantia  
Lutheran

**MONDAY, March 20**

- 1:00 p.m.** Restorative Justice

Buddhist Discussion Group

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

**TUESDAY, March 21**

- 8:00 a.m.** Universal Unitarian
- 1:00 p.m.** Lifeline  
Russian Bible  
Torah Men
- 6:00 p.m.** Buddhist Service  
Prison Fellowship Discipleship  
Catholic Study

**WEDNESDAY, March 22**

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

**THURSDAY, March 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.** Gospel Worship  
Celebrate Recovery ☹

**FRIDAY, March 24**

- 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.