



Security

Toenail Clippers

Inmates that are unable to cut their toenails with the fingernail clippers sold at the commissary may request to use toenail clippers in the Group Living complex. Please send your inmate communication to *Group Living/Toenail Clippers* and you will be issued a call pass. Inmates that need additional assistance with trimming toenails or that have a stair restriction will need to send an inmate communication to Health Services. Prior to your scheduled call pass to use the toenail clippers, please ensure that you wash your feet and put on clean socks.

Summer Evening Yard Procedure

Summer evening yard will begin April 3, 2017. This will be a Monday night. The following procedures will be in effect for the duration:

1. Inmates whose block has summer evening yard may go to the yard at the 4:30p.m. optional yard line or after their block is released for the evening meal (The block that has summer evening yard is last in the rotation to eat). They may eat and then go directly to the yard.
2. Any inmate who returns to his housing unit from the Dining Room will not be permitted to go to the yard.
3. No turnouts will be run from the Recreation Yard. The only exception will be inmates on Education turnouts. These inmates will be called off the yard by the Yard Sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will go immediately to their callout destination.
4. Inmates leaving the porch area of the Dining Room for the Recreation Yard will go to the yard and will not be permitted to loiter by the yard fence.

5. Inmates who shower in the Clothing Room at 7:00 p.m. will be permitted to go to the yard after their shower; or go directly to the yard from work. Inmates that return to their housing unit after showering may not be allowed to go to the yard.
6. A pill line is run after yard comes in, if yard comes in before 8:00p.m. During long yard periods (lasting until after 8:00 PM) an optional cell line will be called at 7:30p.m. Inmates needing medications would come in with the optional line and would not be allowed to return to the yard.
7. Showers on the yard will start at 6:00p.m. and will stop 45 minutes before yard is recalled.
8. Ice and/or beverages will not be permitted to be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather.
9. Yard recall will be determined by the Officer-In-Charge.
10. When the yard is recalled, all inmates will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say goodbye on the telephone, to gather items, and prepare to leave.
11. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal.
12. At the completion of the game, softball players and officials will normally be afforded 20 minutes to shower. If the evening meal is running quickly, softball players may be called to dinner before being given time to shower. They will then be required to leave the Recreation Yard UNLESS it is their housing unit's normal night for evening yard.
13. The only time shorts can be worn to the Recreation Yard is for evening yard, directly from the cell to the yard. Shorts cannot be worn if stopping anywhere in between, including diabetic line, the Commissary, or the Dining Room. The same

Summer Evening Yard Procedure (Cont.)

applies in reverse. If you only have shorts while leaving the recreation yard, you cannot go to the dining room, the Commissary, etc.

14. NCI Level 3 inmates will be allowed to attend summer night yard, in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit when released for chow, or after completing their meal.
15. NCI Level 1 inmates will not be authorized to attend the weekend evening yard.

/s/ Capt Long/Security

Activities**Athletic Club - Squat Competition Results****Middle Weight Division**

1st: J. Donaldson 405lbs
 2nd: D. Wright 355lbs
 3rd: D. Labar 335lbs

Heavy Weight Division

1st: Rodney Orr 525lbs

Super-Heavy Weight Division

1st: N. Vandiver 450lbs

Overall winner with a Schwartz Score of 243.81 was Rodney Orr.

Thank you to all the competitors that came out. The next event is the Dead lift Competition on Saturday April 22, 2017.

Are You Interested in Becoming a Better Writer?

If so, Chemeketa Community College is now accepting applications for a Bridge to College Writing Course.

This class is for GED and high school graduates or for those presently in the GED program at OSP. Class is from April 17-June 14, 2017. It will be held Monday-Thursday 7:15-8:45p.m. on the education floor. Successful completers of the class and of all the coursework will have 1st priority for applying to the Chemeketa College Inside program at OSP.

If you are interested, send an inmate communication to Ms. Adicho in Education to request a call-out to submit an application. A maximum of 15 students will be accepted. No present college students may apply.

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.

Food Restrictions

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 and Pie Fundraiser (Cont.)

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
- 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

Hypertension (High Blood Pressure)

Lifestyle changes can help you control and prevent high blood pressure — even if you're taking blood pressure medication. Here's what you can do:

Eat healthy foods. Try the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains and low-fat dairy foods. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat. Look for heart healthy food on the Food Services menu.

Decrease the salt in your diet. A lower sodium level — 1,500 milligrams (mg) a day — is appropriate for people 51 years of age or older, and individuals of any

age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 mg a day or less. While you can reduce the amount of salt you eat by putting down the saltshaker, you should also pay attention to the amount of salt that's in the processed foods you eat, pay special attention to canteen foods.

- Maintain a healthy weight. If you're overweight, losing even five pounds (2.3 kilograms) can lower your blood pressure.
- Increase physical activity. Regular physical activity can help lower your blood pressure and keep your weight under control. Strive for at least 30 minutes of physical activity a day.
- Manage stress. Reduce stress as much as possible. Practice healthy coping techniques, such as muscle relaxation and deep breathing. Getting plenty of sleep can help, too. Practice relaxation or slow, deep breathing. Practice taking deep, slow breaths to help relax.

/s/ P. Lans Activities

HHAAP Self-Management Skills for Living-Well

Are you or someone you know dealing with an ongoing health condition?

Anxiety, Depression, Heart Disease, Diabetes, Chronic Pain, HIV, Hepatitis C or something else? Chronic conditions are common among people who are in prison.

The Self-Management program (CDSMP) will teach you about:

- Managing symptoms
- Better medication usage
- Improving communications
- Exercise and nutrition to fit your chronic condition
- How depression plays into chronic conditions and
- Much more about how to take care of yourself with your chronic condition

This course will be 7-weeks, for 2.5 hour/ once per week on Tuesday from 07:30AM to 09:50AM. If you are incentive AIC level 2 or 3 please send an inmate communication to the HHAAP program on the Activities Floor.

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.

- 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

New Process for Purchasing Religious Items

The Chapel is delighted to announce that we have a new process in place for AIC's to purchase religious items that are no longer available in the Commissary. On the 3rd Thursday of the month AIC's who have requested by inmate communication to begin the purchasing process will be put on pass to come to the Chapel during chapel library hours 8:45a.m. – 9:45a.m. At this time they will have the chance to look at the catalog of items and fill out their special package authorization form as well as their CD28 for the item/s to be purchased. These will be processed and sent out to Central Trust by the Chaplains. The items will then be disbursed on the Friday after they arrive by the OSP Commissary staff during special pickup hours – AIC's will be issued a pass when their item comes in to pick it up. Please contact the Chapel should you have any questions or wish to begin the purchasing process. Thank you!

/s/ Chaplain Thompson

Chapel Schedule

SATURDAY, MARCH 25

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

SUNDAY, MARCH 26

- 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, MARCH 27

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

TUESDAY, MARCH 28

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

WEDNESDAY, MARCH 29

- 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, MARCH 30

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

FRIDAY, MARCH 31

- 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.