



## Security

### Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2016**. All blankets will be collected at the **5:15 a.m.** wake-up bell and returned after the **4:00 p.m.** count clears on the same day. Clothing Room staff and block staff will supervise Clothing Room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN. The schedule will be as follows:**

**(Starting the first week of October 2016)**

**\*Friday Oct. 28<sup>th</sup> E-Block**

**\*Scheduled rotation is subject to change**

### Calendario para el Cambio de Cobijas Semianual

El Cuarto de Ropa estará llevando a cabo el lavado de cobijas semianual mandatorio durante el mes de abril. Todas las cobijas serán recogidas a las **5:15 a.m.** (cuando suene la campana) y serán regresadas a las **4:00 p.m.** (después que se aclare la cuenta) del mismo día. El personal del Cuarto de Ropa y los oficiales de las unidades estarán supervisando a los trabajadores del Cuarto de la Ropa y a los orderlies durante la colección y distribución de las cobijas. Todas las celdas serán registradas por cobijas o sábanas extra. Usted recibirá cobijas de lana a menos que usted tenga autorización por escrito para obtener cobijas de algodón.

**El cambio será durante las siguientes fechas:**

**\*viernes.....26 de abril.....Unidad- D**

La rotación del calendario está sujeta a cambio sin previo aviso.

/s/ Sgt. Pyle, Clothing Room

## 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 a diet that emphasizes fruits, vegetables and eat less saturated fat and total fat.
- 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, 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 Commissary foods.
- Maintain a healthy weight. If you're overweight, losing even 5 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/ C. Coffey, Health Services

# Chapel Schedule

## SATURDAY, October 29

- 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

## SUNDAY, October 30

- 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  
Gospel Worship

## MONDAY, October 31

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

## TUESDAY, November 1

- 1:00 p.m.** Russian Bible  
Lifeline  
Torah Men
- 6:00 p.m.** Buddhist Service  
Prison Fellowship Discipleship  
Catholic Study  
Non Violent Practice Group 🚫

## WEDNESDAY, November 2

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study  
Orthodox Christianity
- 6:00 p.m.** Indigenous Circle 🚫  
Acting Group

## THURSDAY, November 3

- 8:00 a.m.** Thresholds  
Jehovah's Witness Service  
Jehovah's Witness Spanish
- 1:00 p.m.** TUMI 🚫
- 6:00 p.m.** Spanish NVC  
Non-Violent Communication  
Christian Journaling  
Restorative Justice 🚫

## FRIDAY, November 4

- 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.