



## **Security**

### **Restrictions Lifted for Holiday**

Loss of privileges (LOP) will be lifted from 7:00 a.m. on Saturday, September 3, 2016, through Monday, September 5, 2016, at 9:00 p.m. in observance of the Labor Day Holiday.

Inmates on LOP during this time period will be allowed Non-Cash Incentive (NCI) Level 1 access to the recreational yard. This means they cannot go to evening yard.

The yellow Loss of Privilege identification card will be accepted for access to NCI Level 1 yard.

The lifting of restrictions does not apply to inmates on a Security Threat Management (STM) plans or inmates on MDT management plans, or inmates that are on cell in orders. Their restrictions will remain in place.

/s/ Captain D. Long, Operations

## **Activities**

### **Results from the July Handball Tournament**

#### **Big Ball Doubles**

First Place: T. Westfall/ D. Lawrence  
Second Place: P. McMillan/M. Sture  
Third Place: J. Sandoval/R. Realado

#### **Big Ball Singles**

First Place: T. Westfall  
Second Place: J. Sandoval  
Third Place: C. Sandberg

#### **Small Ball Doubles**

First Place: T. Westfall/ D. Lawrence  
Second Place: R. Allen/B. Nunn  
Third Place: J. Sandoval/M. Amaro

#### **Small Ball Singles**

First Place: T. Westfall  
Second Place: D. Lawrence  
Third Place: D. Ware

### **Results from the August Handball Tournament**

#### **Big Ball Doubles**

First Place: B. Nunn/ P. McMillan  
Second Place: A. Howard/A. Ybarra  
Third Place: C. Archuletta/J. Sandoval

#### **Big Ball Singles**

First Place: T. Westfall  
Second Place: R. Allen  
Third Place: A. Melchor

#### **Small Ball Doubles**

First Place: T. Westfall/ D. Lawrence  
Second Place: C. Archuletta/A. Cetina  
Third Place: B. Hall/K. Hedquist

#### **Small Ball Singles**

First Place: T. Westfall  
Second Place: R. Allen  
Third Place: M. Sture

### **Results for June 18, 2016, Deadlift Competition**

#### **Lt. Weight Division**

1 <sup>st</sup> Place:	Cory Adair	495lbs.
2 <sup>nd</sup> Place:	Charles Lake	425lbs.
3 <sup>rd</sup> Place:	Chris LaGrua	365lbs

#### **Middle Weight Division**

1<sup>st</sup> Place: Matthew Dowell 535lbs.

#### **Heavy Weight Division**

1 <sup>st</sup> Place:	Rod Orr	565lbs.
2 <sup>nd</sup> Place:	Elmer Banks	385lbs.

#### **Best Lift**

Rod Orr 565lbs

#### **Pound for Pound**

Cory Adair Swartz Score: 304.128

## Second Annual Vocal Talent Event

On the afternoon of October 8, 2016, the Music Program will host the 2<sup>nd</sup> Annual Vocal Talent Show. We are looking for performers to sign up and show us their vocal talents. Each performer can choose to sing up to two songs, originals or cover songs. Performers can bring recordings to be played as accompaniment or have up to two people accompany them on instrumentation during their performance. We will have a four man judging panel this year to rank the performances to determine the final standings based on pitch accuracy (Timing/Tempo for Hip-Hop performances), the believability of commitment to the song and stage presence the performer brings to his performance.

Note: All lyrics must be PG and not inflammatory or disrespectful.

If you are interested in performing in this event, send the Music Program a request listing the number of songs you wish to perform, as well as any accompaniment you will be using (live or canned

music). If you will have other people perform with you, be sure to list them on your request. This event is available to performers who are free of any STM classifications and are NCI Level 3 only. The deadline for signing up for this event is September 20, 2016

/s/ R. Burch, Activities

## Commissary

### Commissary News

Commissary is pleased to announce that the new shoe catalogs are now available. There are several shoes "Pending Approval" in the new catalog. **Do not send inmate communications asking about their availability, we will not be responding to them.** You will be notified through the shoe form and newsletters when and or if the shoes become available.

/s/ C. Lucero, Commissary

## Miscellaneous

### The Education Section is Hiring GED Tutors

You must meet the following criteria:

1. One year clear conduct, and at least one1 year left at OSP.

2. Must not have frequent call outs, programs or activities that would conflict with a M-F, 7:15-3:15 work schedule.
3. High School Diploma or GED, with GED level skills in reading, writing, and math.
4. Comfortable working one-on-one as well as working with groups.
5. We are looking for tutors that are team oriented, self-motivated, enjoy helping others succeed, who are confident in their abilities, and have a positive attitude. Bi-lingual in Spanish is a plus.

If you are interested in being a part of our team send an application to the Education Department.

/s/ S. Aguinaga, Education

### Welder Position Open

Ideal applicants should be comfortable with welding in all positions (flat, vertical, and overhead). If you have welding/fabrication experience, a general knowledge of fabrication, possess a strong mechanical aptitude, and the ability to work well in a team, we would like to meet you.

#### **Preferred skills:**

- Experience with basic tools (plasma cutter, band saw, iron worker, cutting torch)
- Basic math skills
- Mechanical aptitude
- Creativity and ability to think outside of the box
- Able to read a tape measure
- Ability to follow basic instructions
- Ability to perform tasks in a safe manner
- Ability to work collaboratively and cooperatively in a team environment.

Interested candidates are encouraged to return an application to Physical Plant/Weld Shop.

/s/ J. Gutierrez, Physical Plant

### OSP Mail Room

- 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 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 postage, or funds, and the item will be returned to you. This delays your

**OSP Mail Room** (cont.)

- mail or package.
- Mail Room staff would like to remind you of the VIP Kiosk usage rules: All photos taken at the VIP kiosks require that the inmate is clothed (must have a shirt on) and not attempting to conceal their identity (no sunglasses, hats, or other appearance changers). No displays of hand signs. You must be alone in the photos, no group photos are approved. You may photograph awards, certificates, other photos, art, or personal property like a book or musical instrument for display in your GALLERY. The profile photo section is only to be used for the log in photo taken each time you log into the system. The Gallery section is where you may display the above listed various personal photos.
  - If you have any questions about mail or the mail rules please send an inmate communication to OSP Mail Room, C. Toombs. I will do my best to answer your questions and resolve any issues that you may have.

/s/ C. Toombs, Mail Room

**The Heartache of Heartburn**

You just received your canteen. You are grazin' and are working on your second helping of Buddy Bob's cheese-jalapeno dip layered over that mountain of chips-n-chili which you wash down with two cups of extra black coffee. O-Buddy, life is good.....That is until later, back in your bunk, Mount St. Helens is erupting in your belly shooting fire up through your chest and out your throat that tastes like Bob's dip mixed with burnt gym shoes. You've got a bad case of gastro-esophageal reflux, better known as heartburn. You are not alone. This is the most common upper abdominal disorder in America. Billions of dollars are spent each year on antacids.

These medications are great, but moderation and life-style changes are the first line of defense against heartburn. If we rely on medication alone, soon they become less and less effective and eventually you are out of luck! Here are some valuable self-care tips:

1. Avoid foods that are spicy or acidic: Sausages, tomato, citrus fruits, chocolate, peppers, coffee, tea, and cola especially at night.
2. Eat small to moderate amounts of food at each meal, and take the time to chew your meals well. If your stomach is too full, things will flow backwards.
3. Wait at least three hours after eating before you lie down. Don't let gravity work against you.

4. Lose weight, and don't wear tight fitting clothes or belts.
5. Elevate the head of your bunk 6" by rolling up your jacket and placing under your mattress. Also sleeping on your left side will help prevent food from backing up out of your stomach and into your esophagus.
6. Practice some active relaxation techniques. Stress can increase acid in your stomach.
7. If you are prone to heartburn, take the recommended dose of antacids from the unit one hour before your meal and 2-3 hours after you eat, and follow with a glass of water.

/s/ C. Coffey, Health Services

**Chapel****"The Bucket" Play**

RJ Theater Class is offering a workshop screening of a play entitled "**The Bucket**" on **Saturday, September 17 and 24, 2016, from 12:30 - 3:00 p.m.** "**The Bucket**" depicts the experiences of eight men in solitary confinement. Space is limited to **40 people** per viewing. If interested in attending the play, send an inmate communication listing your preference for the first or second showing.

**Wake Up and Explore Workshop**

Are you interested in introspective conversations or reflective dialogue? If you're interested in thoughtful and creative dialogue, the Restorative Justice Discussion Group is going to hold a one-day seminar of peer facilitated discussions regarding personal values and value clarification. A conscious exploration of self-value helps empower people to make wiser choices as well as identify ways to create more value in your life by working consciously to enhance your activities based on what you value.

The workshop will be on **Monday, September 12, 2016, from 8:00 a.m. – 2:00 p.m.** There will be an out count and lunch in the Chapel. This event is limited to 25 people. If your interested in attending send an inmate communication to the chapel as soon as possible.

**Religious Items**

Recently it was announced that religious items will be ordered through the Chaplains office and no longer available on Commissary. Here is how to order a religious item. Please send a CD-28 along with a package authorization to the Chaplains office for the

**Religious Items** (cont.)

item you wish to purchase. Make sure it is from an approved vendor and you've calculated the shipping costs. If you need help with that information please send an inmate communication to the Chapel asking for that information. Once approved you will receive the package authorization back to be sent out to the vendor.

/s/ A. Perlstein, Chapel

# Chapel Schedule

**SATURDAY, September 3**

- 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  
Sunni Muslim Study  
Worship Practice
- 6:00 p.m.** Calvary Chapel

**SUNDAY, September 4**

- 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, September 5**

**Chapel is Closed for Labor Day**

**TUESDAY, September 6**

- 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, September 7**

- 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, September 8**

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

**FRIDAY, September 9**

- 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.