



Commissary

Commissary News, Updates and Reminders

Vender Change

Due to vendor availability the Statewide Commissaries will not be offering the Power Up Polo 15oz. \$3.50 on the Holiday Promotion. Commissaries will be offering Gucci 15oz. \$3.50. Since the majority of the Holiday forms have been printed and distributed to the population, if you are wanting to order the Gucci, you will need to write it in on your order. Sorry for any inconvenience this might have caused. Please order accordingly.

Commissary Order Form Reminders

Your name, SID #, Institution, Unit and Bunk # must be filled out on your Commissary Slip or your order will not be filled, mark all your selections clearly.

If you have insufficient funds, your order will not be processed.

USE OF SODA MACHINES IS AT YOUR OWN RISK. NO REFUNDS WILL BE GRANTED.

Please do not draw or doodle on form. Soiled, stained or contaminated forms will not be processed. Write legibly or your order will not be filled. **Prices, items and sizes are all subject to change without any notice.** ALL SALES ARE FINAL.

Use only BLUE or BLACK INK, or your order will not be filled. NO RED INK!

By submitting this form, you are required to sign for the items you have ordered. You are responsible for maintaining all of your receipts and warranty information. 10-30-17CC

Miscellaneous

Exercising with Lower Back Pain

Increase Strength & Flexibility to Decrease Pain

-- By Holly Little, Certified Personal Trainer, SparkPeople.com

It's a common problem for many who exercise. It makes everyday activity difficult, and scares a lot of people away from any physical activity. It's lower back pain. For those of you who suffer from it, there is hope. While there are a multitude of things that can cause back pain, from genetic malformations to injury, a number of recent studies show that a lack of core strength contributes to pain and stiffness in the lower back.

So what's the best way to deal with lower back pain that your health care provider has attributed to a lack of core strength? Exercise. This might cause a little more pain in the beginning, but under the care of your health provider, it can reduce your pain in the long run. And for many people, the long-term solution for back pain lies in abdominal, hip and lower back strengthening and stretching exercises.

Some pain or aches in your lower back might be the result of weak abdominal muscles. When you have a weak abs, you are more likely to have poor posture and your lower back muscles are forced to take over, which can strain them in a way that becomes uncomfortable or painful over time. You can minimize back pain by doing exercises that make the muscles in your abs stronger, while also training to increase the strength and flexibility level in your lower back, hips and thighs. Everyone's back pain is different, so it's a good idea to check with your health care provider about what's best for you. If core strength is your problem, the following exercises can help.

Leg Raises to strengthen stomach and hip muscles

How to: Lie on your back with your arms at your sides. Lift one leg off the floor to about a 45° angle. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg. If that is too difficult, keep one knee bent and the foot flat on the ground while raising the opposite leg.

Leg Raises to strengthen back and hip muscles

How to: Lie on your stomach. Tighten the muscles in one leg and raise it from the floor. Raise it as high as you can (approximately 30°) without causing any

Exercising with Lower Back Pain (cont.)

discomfort to your lower back or lifting your hip off the floor. Hold your leg up for a count of 10 and return it to the floor. Do the same with the other leg. Repeat five times with each leg.

Wall Slides to strengthen your back, hip and leg muscles

How to: Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch until the knees bend to about 90°. Count to five and slide back up the wall. Repeat five times.

Partial Sit-Up to strengthen stomach muscles

How to: Lie on your back with knees bent and feet flat on floor. Slowly raise your head and shoulders off the floor and reach with both hands toward your knees. Count to 10. Repeat five times.

Back Leg Swing to strengthen hip and back muscles

How to: Stand behind a chair with your hands on the back of the chair. Lift one leg back and up while keeping the knee straight. Return slowly. Raise the other leg and return. Repeat five times with each leg.

Exercises to increase flexibility and stretch out the back

How to: Lie on your back with your knees bent and feet flat on your bed or floor. Raise your knees toward your chest. Place both hands under your knees and gently pull your knees as close to your chest as possible. Do not raise your head. Do not straighten your legs as you lower them. Start with five repetitions, several times a day.

Remember to never exercise to the point of sharp pain or discomfort, and gradually progress to more repetitions or sets of an exercise. Although it can be uncomfortable or slightly painful to strengthen the areas of your body that are causing your back pain, the benefit will be there in the long run. Say so long to the pain in your back!

/s/ C. Coffey, Health Services

Chapel*Chapel Schedule***SATURDAY, November 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. Suni Muslim Study
Seventh Day Adventist Service
Worship Practice
6:00 p.m. Calvary Chapel
Asatru
Siddha Yoga

SUNDAY, November 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, November 27

1:00 p.m. Buddhist Discussion Group
Restorative Justice
6:00 p.m. Restorative Justice
Yoga Class

TUESDAY, November 28

1:00 p.m. Russian Bible
Lifeline
Hare Krishna
6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice
Group

WEDNESDAY, November 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, November 30

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish Library
1:00 p.m. TUMI 🚫
6:00 p.m. Gospel Worship
Celebrate Recovery 🚫

FRIDAY, December 1

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.