



General Services

Food Theft

Food theft from the Culinary is a major problem for the Institution. It impacts our ability to ensure adequate portions of the published menu are available. It also jeopardizes the health of individuals taking food that is perishable and not being properly stored or cooked. It also has a significant effect on our ability to work within our food service budget.

This notice constitutes a direct order that you are not to take any food items from the Kitchen other than uncut fruit in the quantity served. (Per your Inmate Handbook). The following plan was designed to address this issue in a reasonable, consistent way.

1. If an inmate is caught stealing or attempting to steal food, the food will be confiscated and disposed of accordingly. If the value of the food is less than \$20, the inmate will be issued a minor misconduct report. The minor misconduct report will be for disobedience of an Order III and will include the cost of all food items that have to be disposed of due to the theft/attempted theft or misuse. If the value of the food is \$20 or more, the inmate will receive a major misconduct order for Contraband II and will also be charged for the cost of food that has to be disposed of.
2. If the inmate stealing the food is assigned to the Kitchen or Dining Room, they will receive a program failure along with the Misconduct Report.
3. This process will be used for foodstuffs found outside the Culinary Section (for example cell searches, etcetera) if the items can reasonably be determined to have been taken from the Foodservices.

Note: This does not prevent a staff member from issuing a misconduct report for a higher level charge (Contraband II) in the event the inmate has received a recent previous minor misconduct for the same conduct.

/s/ S. Mitchell, Acting Asst. Supt. General Services

Miscellaneous

Hemorrhoides 101

Hemorrhoids are a common condition among the adult population of the U.S. Signs and symptoms include rectal itching, rectal pain, and bright red blood on toilet paper or in the toilet bowl after passing stool. Hemorrhoids occur when the rectum is subjected to great stress from "bearing down" of the abdominal wall muscles. This often occurs with excessive lifting on the weight-pile, and especially when straining on the toilet when constipated. Rectal veins are forced to the surface by this straining and wiping, or other abrasion can cause them to bleed.

Hemorrhoids are the most likely cause of rectal bleeding, and this is rarely an emergency. Hemorrhoids can be resolved with lifestyle changes and by adhering to a few simple rules:

1. Drink more water. This keeps things loose and flowing.
2. Eat more fiber. This keeps things soft and spongy. Fiber supplement from canteen is a wonder fiber supplement.
3. Don't lift excessive weights. In the long run, flexibility is healthier than brute strength.
5. If you are prone to bleeding, do not wipe abrasively, pat yourself clean.
6. A well placed ice-pack can help with itching. Never scratch down there.

Hemorrhoids are rarely an urgent matter, so sign up for sick-call and we will evaluate your signs and symptoms providing you treatment options as necessary.

/s/ C.Coffey, Health Services

Chapel

Restorative Justice (RJ)

Willamette University and The Restorative Justice Discussion Group will be offering a 15-week course exploring the impact of incarceration on people's lives. The class will be writing centered with assignments due weekly. This course is available for those who have previously participated in a RJ class or group. Only 12 participants will be selected after an interview process conducted by the Professor and Rabbi Perlstein. The class will meet on **Monday evenings from 6:00 -8:00 p.m., beginning January 22, 2018.** If you are interested in attending please send an inmate communication to the Chapel.

/s/ A. Perlstein, Chaplain

Chapel Schedule

SATURDAY, December 30

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

SUNDAY, December 31

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
Lutheran
Urantia

MONDAY, January 1

**NEW YEAR'S DAY
CHAPEL CLOSED**

TUESDAY, January 2

1:00 p.m. Russian Bible
Lifeline
Torah Men

6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice
Group

WEDNESDAY, January 3

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support
Orthodox Christianity

6:00 p.m. Indigenous Circle
Celebrate Recovery

THURSDAY, January 4

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish Library

1:00 p.m. TUMI

6:00 p.m. Christian Journaling
Spanish Non-Violent Communication
Non-Violent Communication

FRIDAY, January 5

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.

