



Security

Loss of Privileges for Presidents' Day

Loss of privileges (LOP) will be lifted from 7:00 a.m. on Saturday, February 17, 2018. through Monday, February 19, 2018. at 9:00 p.m. in observance of President's Day.

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 activities.

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/ Capt. D. Long, Group Living

Activities

AVP Workshop

The Alternatives to Violence Project (AVP) is holding a beginning workshop on Friday, March 16, 2018, and Friday, March 23, 2018. It is a two-day, all day, workshop from 7:15 a.m. until 2:25 p.m. and again from 5:30 to 8:00 p.m. Participants need to be incentive level 2 or 3 and be able to attend all day for both days. In AVP, people learn about and practice living a life of dignity and self-respect in a non-violent manner. If you are incentive level 2 or 3 and would like to take part in this AVP beginning workshop, please send an inmate communication to AVP in Activities. We only have room for 20 people; so do not delay in signing up. If you have any scheduling conflicts, you will need to have your work supervisor, or any other program supervisor, sign your inmate communication stating it is ok for you to miss work, or any other programs you are involved in, both days so you can be added to the turnout.

Athletic Club Running Program 2018 Race Season

Last year's season was awesome and we are looking forward to another awesome year of racing. The 2018 pre-register forms are in the mail to the runners from last year's roster that are still here.

The Walled Street and Info Channel will advertise the monthly races, starting March 9, 2018.

2018 Race Schedule

March 9 th	5/10k	Friday
April 27 th	5/10k	Friday
May 18 th	5/10k	Friday
June 8 th	5/10k	Friday
July 20 th	5/10k	Friday
August 24 th	5/10k	Friday
September 7 th	Half Marathon	Friday
October 5 th	5/10k	Friday

If you are a new runner to the race day program. You are required to send an Inmate Communication form (kite) to the Athletic Club Activities section, and indicate you would like to participate in that month's race. You have to be a level 2 or 3 in order to be on the race turnouts.

/s/ B. Marion, Activities

Characteristics of an Effective Leader Class

Capital Toastmasters Club is offering a *Characteristics of an Effective Leader Class* on Saturday, March 3, 2018, from 1:30 p.m. to 3:00 p.m. Participants study qualities of leadership, the leadership gap, and leadership styles that help determine a person's leadership profile. This valuable knowledge will help a person improve their leadership skills.

If you wish to participate in this class and are incentive level two or three, send an inmate communication to Capital Toastmasters before February 21, 2018. If you have a work/schedule conflict, you'll need to have your boss sign your inmate communication to attend.

/s/ J. Rodriguez, Activities

Commissary

Commissary News

PRAS points have been posted as of Friday afternoon 2-9-2018 and Commissary is processing as normal.

/s/ A. Nelson, Commissary

Miscellaneous

BHS (Physical Plant) Office Orderly Position

The BHS Office (located just before the Hobby Shop in the Physical Plant building) is seeking people to interview for the full time Orderly position. Duties include mopping, sweeping, dusting, trash removal, and may require lifting at times. If you are interested, please submit an Inmate Job Application to V. Ramsey at the BHS Physical Plant Office.

/s/ V. A. Ramsey, Behavioral Health Services/MHI

Dry Skin

Definition:

Dry skin is most common in your lower legs, arms, flanks (sides of the abdomen), and thighs. The symptoms most often associated with dry skin include:

- Scaling
- Itching
- Cracks in the skin

Common Causes:

Dry skin is common. It happens more often in the winter when cold air outside and heated air inside cause low humidity. Forced-air furnaces make skin even drier. The skin loses moisture and may crack and peel, or become irritated and inflamed. Bathing too frequently, especially with harsh soaps, may contribute to dry skin. Eczema may cause dry skin.

Home Care:

It may help to change your bathing habits:

- Keep showers short.
- Use warm (not hot) water.
- Use as little soap as possible. Limit its use to face, armpits, and genitals if you can.
- Dry your skin thoroughly but gently -- pat, **DON'T** rub.
- Take baths or showers less often.

Also, increase skin and body moisture:

- Avoid products with alcohol. Apply just after a bath or shower, when your skin is still damp.
- Drink plenty of water throughout the day.

Apply cool compresses to itchy areas, and try over-the-counter cortisone creams or lotions available from the Commissary if your skin is inflamed.

/s/ C. Coffey, Health Services

Chapel

Grief Support

The Compassionate Friends are providing Grief Support After the Death of a Child on the following five **Saturdays from 12:30 - 2:00 p.m. on the following dates in March 3, 10, 17, 24, 31, 2018.**

The chapel is offering a 'confidential' support group for those who have experienced the death of their child or grandchild. The two facilitators leading this have each experienced the death of their own child. Everyone who has lost a child of any age is welcome. What's important is what's in your heart.

SIGN UP - Maximum 12

Send an inmate communication to the Chapel.

/s/ D. Stahlnecker, Chaplain



Chapel Schedule

SATURDAY, February 17

8:00 a.m. Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service

11:30 a.m. Native American Ceremony

6:00 p.m. Calvary Chapel

SUNDAY, February 18

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

1:00 p.m. Catholic Mass
Jewish Study

6:00 p.m. Latter Day Saints Study
Lutheran
Urantia

MONDAY, February 19

1:00 p.m. Buddhist Discussion Group
Restorative Justice

6:00 p.m. Restorative Justice
Non-Violent Communication

TUESDAY, February 20

1:00 p.m. Russian Bible
Lifeline
Torah Men
Quakers Friends Worship

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

WEDNESDAY, February 21

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, February 22

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

1:00 p.m. TUMI 🚫
Spanish Catholic

6:00 p.m. Gospel Worship
Shambala Service

FRIDAY, February 23

8:00 a.m. Trauma Transformation

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.