



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.

/s/ B. Marion, Activities

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/ M. Yoder, Asst. Supt. General Services

Commissary

Commissary News, Updates and Reminders

Updates

The following bras have been discontinued:

HANES SPORTS BRA SZ 34 9634
HANES SPORTS BRA SZ 36 9636
HANES SPORTS BRA SZ 38 9638
HANES SPORTS BRA SZ 40 9640
HANES SPORTS BRA SZ 42 9642
HANES SPORTS BRA SZ 44 9644
HANES SPORTS BRA SZ 46 9646
HANES SPORTS BRA SZ 48 9648

Replacement sports bras will be added to the commissary order form and will be available by March 1, 2018.

CHAMPION SPORTS BRA SMALL WHITE 32-34
A/B & 32C

Commissary News, Updates and Reminders

(cont.)

CHAMPION SPORTS BRA MEDIUM WHITE A/B & 34C	Price is \$16.60	34-36
CHAMPION SPORTS BRA LARGE WHITE A/B & 36C		36-38
CHAMPION SPORTS BRA XL WHITE B & 38C		38-40

More Updates

Please be advised that the Atomic Fireballs have been discontinued and will only be available till our current supply is depleted.

Commissary has added two new products:

#4423480741

GRACEYS GOODIES CINNAMON DISCS 4 OZ.

Retail - \$0.79

#8738112517

RED HOTS CANDY CHEWY 4 OZ.

Retail -\$0.93

They will be available on the new order form.

Price Reduced on Holiday Items

- M & M Mint Candy – \$0.79
- Skittles Sour –\$0.90
- FP Deep Fried Catfish –\$1.38
- LS Sriracha Cheddar Cheese Stick – \$0.59.
- Mocha Cappuccino – \$0.15.
- Southern Pecan Pie –\$0.49.
- Bauducco Chocolate Wafers – \$0.99
- Kars Nut N Yogurt Mix – \$0.35.
- Gucci Body Wash – \$2.50.
- Hometown Bacon Flavored Beans –\$0.65.

/s/ S. Jackson, Commissary

Miscellaneous**Tutor Position Available**

Would you like a job with meaning and purpose? Do you enjoy helping others succeed? If so we have a job for you!

The Education Department is hiring GED tutors. You must meet the following criteria.

1. One year clear conduct, and at least one 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.

We are looking for individuals who are self-motivated, enjoy helping others succeed, like working in a team environment, have a positive attitude, and who are confident in their abilities. 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

Proper Fitting Shoes

Having proper fitting shoes is important to your foot health. Wearing shoes that are comfortable and fit your feet can help prevent injuries such as blisters and calluses are important. Shoes that fit properly may also help you stick with your exercise program or daily activity. ODOC Commissary has a variety of shoes that can support healthy feet, when choosing shoes consider the following:

- Size your feet in the afternoon, late in the day. The size of your feet can increase up to half a shoe size during the course of a single day of standing or walking because of swelling. Try your shoes on with the socks you will exercise in.
- Also your feet relax with age so wider, longer shoes are needed as we get older.
- If the shoe does not feel right when you try it on, do not buy it. If you try your shoes on prior to leaving Commissary you can return them!
- Ensure your shoes provide comfort and cushioning. Stand on your tiptoes to make sure that your heel does not come out of the shoe.
- Make sure that the shoe bends easily under the ball of your foot. Make sure there is no tightness or rubbing and that the shoe's arch support matches up with your foot's arch.
- After lacing, make sure that the lace holes on either side of the shoe are at least one inch apart. If they are too close, you will not have enough room to adjust the laces. If they are more than two inches apart, the shoes may be too tight.
- Make sure the front of the shoe is wide enough so that your toes can spread, and make sure your longest toe is about the width of a thumbnail from the end of the shoe by pressing down with your thumb.

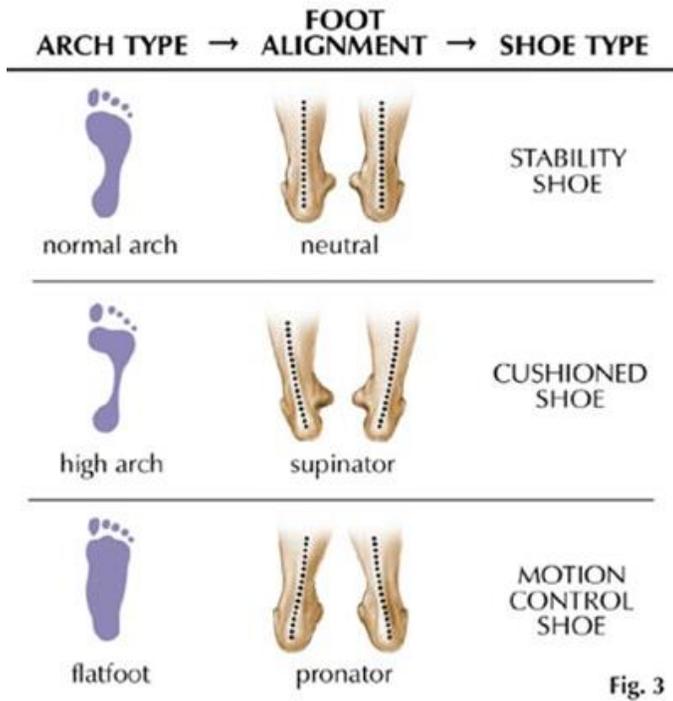
Proper Fitting Shoes (cont.)

Learn Your Foot Shape

Lay a brown grocery bag flat on a hard surface. Get your bare feet wet then walk across the paper.

If your footprint shows the entire sole of your foot with little to no curve on the inside -- or if your shoes show the most wear on the inside edge it means you've got low arches or flat feet and tend toward overpronation -- meaning your feet roll inward. Overpronation can create extra wear on the outside heel and inside forefoot. You'll want a shoe with a motion-control feature and maximum support.

If the footprint shows only a portion of your forefoot and heel with a narrow connection between the two -- or if your shoes wear out mostly on the outside edge -- you have high arches and tend to underpronate (also called supinate), meaning your feet roll outward. Underpronation causes wear on the outer edge of the heel and the little toe. Look for a cushioned shoe with a soft midsole.



You have a neutral arch if your footprint has a distinct curve along the inside and your shoes wear out uniformly. Look for a "stability" shoe, which has the right mix of cushioning and support.

Important Reminder: You should buy new shoes about every three to six months or 300 to 500 exercising miles. Since the midsole usually wears out first, you

should not use the outer sole as an indicator of use. Generally, a single pair of shoes worn at least four days per week for any fitness related activity should be replaced every four months.

/s/ C. Coffey, Health Services

Chapel

Spiritual Property

Anybody in special housing with spiritual property in the Chapel must send an inmate communication requesting it. For adults in custody released from special housing who have property in the Chapel, send an inmate communication and you will be placed on a Thursday morning call out.

Non-Violent Communication

Announcement! Nonviolent Communication class, every Thursday from 6:00 to 8:00 p.m. The first half of the class is 24 weeks, from January to June. This class is meant to improve our ability to empathize with other people, and to reestablish good, solid relationships with our loved ones. Sign up now.

Espaniol NVC

Anuncio! Clase de Communication No Violenta, todos los dias jueves, de 6:00 a 8:00. La primera noitad es de 24 semanas- de enero hasta junio. Esta clase sirve para mejorar nuestra capacidad de empatizar con otras personas y nosotros mismos; tanto como para restablecer reacciones solidas y buenas con seres queridos. Inscríbense ahora.

TUMI

We are now accepting requests for enrolment in the next TUMI class. This is a seminary level class that lasts for 3 ½ - 4 years. You must have at least 3 ½ years left on your sentence, have **Thursday afternoons from 12:30 p.m. – 3:00 p.m.** open, and a determination to follow through. The current class will be completed at the end of April and we will start the interview process shortly after. Upon request you will be sent an information packet on the curriculum. If you're interested, don't wait, there is limited space available and it will be first come first serve.

/s/ K. Thompson, Chaplain

Chapel Schedule

SATURDAY, February 24

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

6:00 p.m. Calvary Chapel
Siddha Yoga

SUNDAY, February 25

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, February 26

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

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

TUESDAY, February 27

1:00 p.m. Russian Bible
Hare Krishna

6:00 p.m. Buddhist Service
Prison Fellowship Discipleship
Catholic Study

WEDNESDAY, February 28

8:00 a.m. OSP Choir Practice

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

6:00 p.m. Indigenous Circle ☹
Celebrate Recovery

THURSDAY, March 1

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

1:00 p.m. TUMI ☹
Spanish Catholic

6:00 p.m. Christian Journaling
Shambala Service

FRIDAY, March 2

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.