



## Activities

### Athletic Club Running Program 2018 Race Season

The results of the April 27, 2018, race.

00:19:53	Mulbreght, Joshua	18 To 29	5	1
00:20:49	Lake, Charles	18 To 29	5	2
00:22:44	Davis, Hayden	18 To 29	5	3
00:18:19	Sourikoff, Samuel	30 To 39	5	1
00:21:31	Middleton, Evan	30 To 39	5	2
00:22:10	Guest, Tim	30 To 39	5	3
00:44:16	HamiltonGarney	30 To 39	10	1
00:47:04	Guest, Michael	30 To 39	10	2
00:49:38	Jackson, Carlos	30 To 39	10	3
00:22:01	Lopez, Stephen	40 To 49	5	1
00:23:39	Shubert, Timothy	40 To 49	5	2
00:24:05	Chapman, Joshua	40 To 49	5	3
00:46:23	Guest, Mathew	40 To 49	10	1
00:47:40	Bitter, Scott	40 To 49	10	2
00:49:40	Schmitz, Jerome	40 To 49	10	3
00:20:52	Kell, Michael	50 To 59	5	1
00:23:28	Burris, Guy	50 To 59	5	2
00:28:37	Badilla, Ernest	50 To 59	5	3
00:42:38	Lopez-Soriano, Ismael	50 To 59	10	1
00:50:57	Guest, Roger	50 To 59	10	2
00:53:19	Wilson, Raymond	50 To 59	10	3
00:47:39	Guest, Sally	60 To 69	5	1
00:48:16	Hendershott, Kenneth	60 To 69	5	2
00:50:16	Guest, Barbara	60 To 69	5	3
00:31:37	Moore, Larry	70 To 79	5	1
00:32:06	Closner, Leslie	70 To 79	5	2

To participate in the races, you are required to send an inmate communication (kite) to the Athletic Club Activities section. You have to be a level 2 or 3 in order to be on the race turnouts.

/s/ B. Marion, Activities

## Miscellaneous

### Your Best Defense

Your skin is your best defense against infection and disease. Sometimes your skin can be invaded by tiny bacteria that causes a skin infection. Taking care of it just makes sense, especially living in close quarters.

A skin infection is spread from person to person by touching someone who has a break in their skin or who shares objects like towels. The infection looks like a pimple, a boil or a spider bite. The sore is red and won't heal. It gets worse quickly. It fills with pus. Don't squeeze it! This will just spread the germs. Sign up for sick call right away if you think you have a skin infection. Most skin infections are treatable with the right self-care or antibiotics.

In the Meantime ...

- Keep all cuts and scrapes clean and dry until healed.
- Avoid skin-to-skin touching with others who have skin infections or a break in skin.
- Disinfect weight machines and high usage surfaces on a regular basis.
- Don't share personal items.
- And most important...WASH YOUR HANDS FREQUENTLY!

If I have a skin infection how can I keep from spreading it to others?

- Advise those around you to wash their hands frequently.
- Do not share personal items, or other items that may have had contact with the infected wound or wound drainage.
- Disinfect all non-clothing items that might come in contact with the wound (i.e. exercise equipment).
- Avoid participating in contact sports or other skin-to-skin contact until your infection has healed.
- Be sure to follow all instructions from your healthcare provider and if prescribed antibiotics, take all your pills, even when you start to notice improvement in symptoms.

/s/ C. Coffey, Health Services

# Chapel

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## Bahai Faith Announcement.

A Bahai faith intro and discussion group will be held on Monday's in the Chapel from 2-3:00 p.m. If you are interested in attending please send an inmate communication form to the Chapel.

/s/ A. Perlstein, Chaplain

## Chapel Schedule

### SATURDAY, May 5

- 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  
Seventh Day Adventist Service
- 6:00 p.m.** Calvary Chapel

### SUNDAY, May 6

- 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, May 7

- 1:00 p.m.** Baha'i  
Hux ☸
- 6:00 p.m.** Restorative Justice  
Non-Violent Communication

### TUESDAY, May 8

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

### WEDNESDAY, May 9

- 8:00 a.m.** OSP Choir Practice
- 1:00 p.m.** Seventh Day Adventist Study  
Life Support
- 6:00 p.m.** Celebrate Recovery  
Indigenous Circle ☸

### THURSDAY, May 10

- 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 Services

### FRIDAY, May 11

- 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.