



Semi-annual Blanket Wash Schedule

The Clothing Room will be conducting its semi-annual mandatory blanket wash during the month of **October 2018**. All blankets will be collected at the **5:15 A.M.** wake-up bell and returned after the **4:00 P.M.** count clears on the same day. Clothing Room staff and block staff will supervise clothing room workers and housing unit orderlies in the collection and distribution of blankets. **ALL CELLS WILL BE SEARCHED FOR EXTRA LINEN.**

The Blanket Wash schedule will be as follows:
(Starting the first week of October 2018)

- *Friday October 12th D-Block
- *Friday October 19th C-Block
- *Friday October 26th E-Block

*Scheduled rotation is subject to change

/s/ L. Warren, Security

Miscellaneous

FAQ of the Month

Each month, we will attempt to answer a FAQ (frequently asked question) that arises in Sick Call, or as submitted by Walled Street readers. If you have a question that you believe would be a good FAQ of the Month, please submit it on an inmate communication, addressed to FAQ of the Month, and place it in the Health Services inmate communication box.

Q: "Why does the Sick Call nurse always want to give me a tetanus shot? All I have is a burn from the kitchen."

A: Your chances of developing tetanus from a superficial injury are very small, but tetanus is a disease with a 13% fatality rate, that is easily prevented with vaccination. Similar to in the community, DOC Health Services recommends a tetanus vaccine whenever someone has an injury such as a cut, severe burn, including sunburn, puncture wound, bite, etcetera. The vaccine we offer is called TDAP, since it protects against tetanus, diphtheria, and pertussis (whooping

cough.) That's a lot of protection from one little shot every 10 years!

Tetanus, also known as lockjaw, is an infection caused by the bacterium *Clostridium tetani*. Many people associate tetanus with stepping on a rusty nail, but it's not the rust or the nail that causes the infection. *Clostridium tetani* usually lives in dirt, feces, soil, etcetera especially in climates that are moist and warm. It is an anerobic bacterium, which means that it thrives in areas that have very little oxygen. A nail has probably been outside for a long time, would be covered with bacteria, and the puncture wound it causes creates a deep wound, with little oxygen at its base.

Tetanus infection is characterized by muscle spasms. While the term "lockjaw" implies that a stiff jaw is the main symptom, that's just where the spasms begin. They then spread to the rest of the body, sometimes causing bones to break. The most extreme form of spasm, called *opisthotonos*, (pictured here) is followed by spasm of the diaphragm, which renders the victim unable to breathe.



Muscle spasms in a person with tetanus.
Painting by Sir Charles Bell, 1809.

World-wide, most tetanus cases and deaths occur in sub-Saharan Africa, but cases occur here, too. The TDAP vaccine can protect you against this horrible disease for at least ten years, but only if you take it!

/s/ Ireland, Health Services

Felix Christmas/Holiday Photos

It's almost that time of year again! Get your Christmas/Holiday photos with Felix starting October 15, 2018, thru December 2, 2018, in the recreation

building. Your family and friends will surely enjoy these unique and thoughtful photos.

The area has been decorated and prepared for photo shoots so stop by and check it out and get your holiday photo with Felix.

Please remember to respect the Christmas Photo area and to not harass Felix while he's enjoying his toy. Thank you for your participation and support.

/s/ C. Kyle, Physical Plant Office

Chapel

Financial Peace University, Money Management Class

Are you interested in learning about how to handle your money and finances? **Financial Peace University** is a nine-lesson, money-management class taught by financial guru, Dave Ramsey. Dave and his teaching team will walk you through the basics of budgeting, dumping debt, planning for the future, and much more. This life changing class will equip you with the knowledge you need to be able to successfully handle your finances in the future. We will meet for nine successive **Wednesday afternoons from 1:00-3:00 p.m. starting October 3, 2018**. A religious service volunteer will lead the program. Class size is limited to 25 people only, so send an inmate communication right away if you are interested in attending.

/s/ K. Thompson, Chapel

Chapel Schedule

SATURDAY, October 6

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. Seventh Day Adventist Service
Sunni Muslim Study
Worship Practice

6:00 p.m. Calvary Chapel

SUNDAY, October 7

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, October 8

CHAPEL CLOSED for Columbus Day

TUESDAY, October 9

1:00 p.m. Russian Bible

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

WEDNESDAY, October 10

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support
Financial Peace

6:00 p.m. Celebrate Recovery
Ingigenous Circle 🚫

THURSDAY, October 11

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

1:00 p.m. TUMI 🚫

6:00 p.m. Shambala Service
Spanish Non-Violent Communication
Gospel Worship

FRIDAY, October 12

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.