

ROBERT H. SCHIEDLER, Superintendent

FEBRUARY 2, 1990



# Bidin' Times

OREGON  
FEB 06 1990  
STATE LIBRARY

Out of the window I quietly stare  
and think of love that we could share.  
How our love could grow so fast. . .  
but now is something in the past.  
Silent echoes of a distant song. . .  
like my heart, they beat so strong.  
Night has come my moon has risen  
to let my mind escape this prison.  
Dreams will come in midnight blue  
I pray my love, they are of you.

Georgianne Herrick

## Emergency Data Notice:

An Emergency Data Notice is maintained on each inmate which is used in the event of an emergency, serious illness or death. The form lists the name of the person you wish to have notified, their address, your relationship and their telephone number. If you wish to make any changes in this Notification Form, please contact the Records Office and arrangements will be made for you to update your Emergency Data Notice.

## LIBRARY USE

The function of the libraries is to provide you with a place to obtain reading materials and work on your legal issues. This can best be accomplished when those using the libraries conduct themselves in a quiet manner. The libraries are not a place to congregate for social activities. My observation is that a few people are using the libraries for social purposes only. As the activities of the libraries are monitored, you could be asked to leave the library if you are disturbing other users. The libraries should be a quiet area and your cooperation in making it an area where you can read or study is requested.

Jerald Boyd, Education Department

- + Happiness is not having what you want, it's wanting what you have.
- ++ Angels fly because they take themselves lightly.
- +++ You're not a failure if you don't make it; you're a success because you try.

FEEL THE FEAR AND DO IT ANYWAY

Susan Jeffers

The following is excerpts from an article in "Business Man's VOICE":

**"The Pain Behind Many Addictions"  
One's Man's Experience with Addiction**

**By Gordon Dalbey  
Torrance, California**

Most of us have had experiences in our past that we would love to shove under the rug. But actually, what we end up doing is locking them in the basements of our minds. . . off where we think they won't ever bother us again and we can just forget them.

Then what happens? As time goes on, we don't dare go down in the basement. What we've buried there is frightening and we're afraid that no one is powerful or understanding enough to walk with us to overcome whatever hurts, fears or inadequacies are there.

I feel that many addictions are the result of a particular kind of brokenness, I'd like to give you two definitions.

My personal definition, developed from years of ministry, is "any habit that keeps us from facing the truth about ourselves." The dictionary definition shows that the Latin root of addiction means "to give yourself over to" or "to give yourself up to."

In other words, something hurtful that we don't want to face is buried in our heart, so we take something habitually that (at least temporarily) will take that pain away. When we do this we "give ourselves over to" whatever is the tool of the addiction.

At that time I was very lonely and feelings of emptiness were always the worst in the morning when it was time to face one more day alone. Staying up until the wee hours provided the excuse to sleep in later so I could avoid the pain.

Looking back, I now realize that addictions also separate us from the very thing we want the most: LOVE.

In an experiment, monkeys were trained to push a lever to get drugs. Researchers found that when they wanted caffeine, the monkeys would push it maybe 250 times; heroin, 4,000 times; and cocaine, up to 12,000 times for a single dose. But tragically, the monkeys would soon choose their addictive substance over having a partner. . . even for sex.

Likewise, addictions separate us from other people because we become more concerned about covering up the pain inside than getting close to anyone else. In fact, we fear that getting close to another person will stir up that pain or make it worse.

### Addictions, continued

Thus, we start to move further and further away from others, becoming increasingly imprisoned in our own private hell. As a result, we become more and more self-centered. Alcoholics Anonymous calls alcoholism "self-will run riot."

Therefore, if I had to name the root pain of what I think most substance abusers are covering up, it's lack of love, and people will do anything to hide that ache.

Eventually, we become terrified to let anyone get too close, for fear they'll reject us. Such fears then fuel a self-condemning, tormenting voice inside that says, "I'm weak. I'm powerless. I'm not attractive to anyone. I know what I should do, but I can't."

#### "God's Side"

Worship not with your mouth but with your heart  
Because hypocrisy will set you apart. . . from God  
Putting on a "front" and looking cool,  
In God's eyes makes you look like a fool.  
Living a life of deception and lies  
Is only for foolish - not for the wise.  
So if you think you're living a "Christian" life. . .  
Check out your troubles and your strife.  
Pray to the Lord with all of your heart  
And he will give you a brand new start.  
A wise word to the earthly kind. . .  
Open your eyes and don't be blind.  
If the spirit comes you will know. . .  
You need not say a word, it will show.  
In your heart you will be free  
To worship God on bended knee.  
So get out of your bed  
And bow your head  
Let the Holy Spirit be your guide  
C'mon get on God's side.

#### BRAIN TEASER

Last week's winner of the lucky pen is:

**Marcia Grossman**

She correctly identified and translated the words on the President's seal:

E Pluribus Unum means, "From many, one."

Some were turned in, late. Please see that your entry reaches the Education Department by 8:00 a.m., Tuesday, February 6, 1990.

This week's question has to do with history - making events. The past 2 years have seen a number of black Americans elected to high government positions, for the first time. Identify one for each of the following:

1. Governor of Virginia
2. Mayor of an east coast city
3. Mayor of a west coast city

If there are more than two correct answers (all 3 must be correct), the 3rd and 6th entries will win pens.

OWCC ACTIVITIES SCHEDULE

SATURDAY, FEBRUARY 3, 1990	8:30 - 11:00 A.M.	VIRTUE LIVE (Per Sign-up)*
	9:00 - 11:00 A.M.	MORMON EDUCATION CLASSES
	1:00 - 3:50 P.M.	VIRTUE LIVE (Per sign-up)
	6:00 - 7:00 P.M.	AEROBICS & WEIGHT TRAINING@
	7:00 - 8:30 P.M.	VIRTUE LIVE (S, W, N. Halls)
	8:30 - 10:00 P.M.	VIRTUE LIVE (E.& W.Dorm)*
SUNDAY, FEBRUARY 4, 1990	10:00 - 11:30 A.M.	CHURCH/VIRTUE LIVE
	2:00 - 4:00 P.M.	SCHOOL OF PRAYER
	3:20 - 3:50 P.M.	OPEN ACTIVITIES (All South)*
	6:00 - 7:00 P.M.	OPEN ACTIVITIES (All West)
	7:00 - 8:00 P.M.	OPEN ACTIVITIES (East & No)
	8:00 - 10:30 P.M.	MOVIES (East & No; Dining Rm) (SOUTH & West Rec Rm) (South & West Dorms)
MONDAY, FEBRUARY 5, 1990	3:00 - 4:00 P.M.	OPEN ACTIVITIES (East & No.)*
	6:00 - 7:00 P.M.	PHOTOS (South Preference)
	7:00 - 8:00 P.M.	OPEN ACTIVITIES (All South)
	8:00 - 10:00 P.M.	NARCOTICS ANONYMOUS
	8:00 - 9:00 P.M.	OPEN ACTIVITIES (All West)
	9:00 - 10:00 P.M.	AEROBICS & WEIGHT TRAINING@
	10:00 - 10:35 P.M.	QUIET TIME
TUESDAY, FEBRUARY 6, 1990	7:15 - 8:00 A.M.	AEROBICS & WEIGHT TRAINING @*
	3:00 - 4:00 P.M.	OPEN ACTIVITIES (All West)*
	6:00 - 7:00 P.M.	OPEN ACTIVITIES (East & No.)
	7:00 - 10:00 P.M.	F.I.T.S. BIBLE STUDY
	7:00 - 8:00 P.M.	PHOTOS (All West Preference)
	8:00 - 9:00 P.M.	OPEN ACTIVITIES (All South)
	9:00 - 10:00 P.M.	AEROBICS & WEIGHT TRAINING
	10:00 - 10:35 P.M.	QUIET TIME
WED., FEBRUARY 7, 1990	7:15 - 8:00 A.M.	AEROBICS & WEIGHT TRAINING@*
	3:00 - 4:00 P.M.	OPEN ACTIVITIES (All South)*
	5:00 - 7:00 P.M.	SMUDGE
	6:00 - 7:00 P.M.	OPEN ACTIVITIES (All West)
	7:00 - 9:00 P.M.	ALCOHOLICS ANONYMOUS
	7:00 - 8:00 P.M.	OPEN ACTIVITIES (All South)
	8:00 - 9:00 P.M.	OPEN ACTIVITIES (East & No.)
	9:00 - 10:00 P.M.	AEROBICS & WEIGHT TRAINING
	10:00 - 10:35 P.M.	QUIET TIME

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It has come to our attention that an inmate is writing offensive kites to the clinic staff and signing other inmates' names. This is notice to you that this type of childish behavior is to cease, or you will face disciplinary action, as appropriate, if identified. Conduct of this type will not be tolerated.

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THURSDAY, FEBRUARY 8, 1990 7:15 - 8:00 A.M. AEROBICS & WEIGHT TRAINING@\*  
3:00 - 4:00 P.M. OPEN ACTIVITIES (All South)\*  
6:00 - 7:00 P.M. CATHOLIC MASS  
6:00 - 7:00 P.M. PACKAGING OF CRAFT ITEMS  
7:00 - 8:00 P.M. FITS BIRTHDAY PARTY (Sign-up)  
7:00 - 9:00 P.M. WOMENS AGLOW BIBLE STUDY  
8:00 - 9:00 P.M. OPEN ACTIVITIES (All West)  
9:00 - 10:00 P.M. OPEN ACTIVITIES (East & No)  
10:00 - 10:35 P.M. QUIET TIME

FRIDAY, FEBRUARY 9, 1990 7:15 - 8:00 A.M. AEROBICS & WEIGHT TRAINING@\*  
3:00 - 4:00 P.M. OPEN ACTIVITIES (East & No.)\*  
6:00 - 7:00 P.M. PHOTOS (East preference)  
7:00 - 8:00 P.M. OPEN ACTIVITIES (All South)  
8:00 - 9:00 P.M. OPEN ACTIVITIES (All West)  
9:00 - 10:00 P.M. AEROBICS & WEIGHT TRAINING  
10:00 - 10:30 P.M. QUIET TIME\*

\*Special Line Movement - Do not come to this activity UNTIL PAGED.  
@Advanced Aerobics

#### RECREATION NOTICES

REQUESTS FOR PHOTOS MUST INCLUDE AN INTERVIEW REQUEST STATING THE TYPE AND NUMBER OF PICTURES TO BE TAKEN, AND THE NAMES OF ALL THE PEOPLE IN YOUR PICTURE, (MAXIMUM NUMBER ALLOWED IS EIGHT (8)). A WITHDRAWAL FORM MUST BE ATTACHED, MADE PAYABLE TO OWCC INMATE WELFARE - 96001 INM. REQUESTS FOR REPRINTS AND PHOTOS MUST BE LISTED ON SEPARATE INTERVIEW REQUESTS

REGULAR 35MM PHOTOS ARE \$1.00 EACH AND POLAROID'S ARE \$1.75 EACH. IF ANY PART OF THIS PROCESS IS OMITTED YOUR REQUEST WILL BE RETURNED FOR COMPLETION.

Anyone interested in participating in a show to honor Black History Month needs to send a kite to Leslie Goin in the Recreation Dept. by Friday Feb. 2. A one hour presentation will be scheduled for Saturday Feb. 17.

NATIVE AMERICAN PIPE CEREMONY SCHEDULED - Inmates are reminded that a Native American PIPE Ceremony has been scheduled for Saturday, FEBRUARY 10TH, Anyone wishing to attend must send a kite to Leslie Goin by February 7th.

The Recreation Department has 1 roll of black and white film. Anyone wishing to have photos taken with this film should send a kite and withdrawal request to Leslie Goin. If enough requests are received a special time will be scheduled to use the black and white film.

THE CHAPLAIN'S NOTEBOOK:

Scheduled group: Womens AGLOW  
Sunday, February 4, 1990  
10:00 a.m.

Scripture reference: 2 Corinthians 5:4-9

One man came into my office recently and told me about the decision of the Board to continue him until after the year 2000. He has also heard from another source of denial which meant that his hopes of being released soon were diminished. He came to me for reinforcement of his own flagging spirit.

"It is easy to be brave," said Aesop a long time ago, "from a safe distance." Behind a high enough fence, a little dog can always bark at the big dogs.

Millions of people develop a fake courage these days by nipping on a bottle or accepted the available pill, needle, or some other substance until they have erected a high enough fence to bare their teeth. As a general rule, they succeed only in making a mess of themselves and becoming nasty even to their family and friends.

That kind of bravado, which is not bravery, is satirized by Louis Carroll Thomas in her poem, "League of Nations": "How odd it is that a little Scotch can raise Dutch courage to the highest notch!"

To the inmate who hears distressing news of one kind or another, or to those other sober and completely human people in similar circumstances with a lot of possibilities for suffering a great deal more than he had endured already, Paul wrote to the Corinthians: "We are always full of courage."

Bravery is a strange quality. It is not bravado, talking big but afraid to make a move. It is not complete lack of fear, either; the kind of thing we sometimes visualize when we call someone "fearless." When it comes to the crunch, bravery is mental, moral, and spiritual strength in the midst of danger which is recognized to be what it is - dangerous. It is willingness to suffer injury or loss for the sake of a greater objective. It is firmness of mind and will in the face of extreme difficulty which could cause others to shrink back with dread, not to mention the disappointment and tendency to "throw in the towel" or give up the process of "staying together" under extreme circumstances or long periods of separation.

Prayer: O Lord, give us courage to care and to tape the power of God in prayer and performance. Give us inner strength to "hold on" when we are at the "end of our rope." Amen