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# *BIDIN' TIMES*

*January 15, 1993*

OREGON  
JAN 20 1993  
STATE LIBRARY

## RULES OF PROHIBITED CONDUCT

### (4) VIOLATIONS AGAINST THE ORDERLY OPERATION OF THE DEPARTMENT/FACILITY, INCLUDING WEAPONS AND ESCAPE DEVICES:

1. UNAUTHORIZED AREA II (Minor Violation): An inmate commits Unauthorized Area II when he/she is in any location not designated by assignment, programmed activity, call out or staff directive.

## 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 the Notification Form, please contact your Counselor and arrangements will be made for you to update your Emergency Data Notice.

## POSTING OF MONEY

The Canteen strongly recommends that all inmates have their money sent in to Central Trust between the first and the 15th of the month. This will allow enough time for the money to be posted to your account in order to make your Canteen purchases during the calendar month in which it was received.

## LIFER'S CLUB

Lifer's Club meeting for elections of new officers and approval of By-Laws. Please attend members.

## ADMINISTRATIVE CLERK POSITION

The Administrative Clerk's position will be open soon. All interested inmates may send an interview request to Mrs. Anderson with the following information:

Computer/WordPerfect Skills  
Typing Skills (W.P.M.)  
Filing Skills

You must submit your requests as soon as possible or by January 12th.

**THE CHAPLAIN'S NOTEBOOK**

PROTESTANT SERVICES: FITS  
SUNDAY, JANUARY 17, 1993 at 10:00 a.m. IN  
THE RECREATION ROOM.

I thought the Peace Pilgrim has many good things to share with us and I want to add a few more steps toward inner peace: (The Steps Toward Inner Peace do not have to be taken in any special order. Use them if you think you will.

The first step for one may be the last step for another:

Prepare yourself by getting a right attitude toward life. This means stop being an escapist! Stop being a surface-liver who stays right in the froth of the surface. There are millions of people who never seem to find anything really worthwhile. I have met some at OSP who were always thinking about doing something good, purposeful and worthwhile. Be willing to face life squarely and get down beneath the surface of life where the verities (truths) and the realities are to be found. OWCC is a place of learning.

There's the whole matter of having a meaningful attitude for the problems that life may set before you. If only you could see the whole picture, if only you knew the whole story, you would realize that no problem ever comes to you that does not have a purpose in your life, that cannot contribute to your inner growth. When one realizes this, one will see that problems are opportunities in disguise.

The second preparation has to do with bringing our lives into harmony with the laws that govern this universe. Insofar as we disobey these laws, we create difficulties for ourselves by our disobedience. We are our own worst enemies. If we are out of harmony with these laws through ignorance, we suffer somewhat; but if we know better and are still out of harmony, then we suffer a great deal. The next step is to LIVE ALL THE GOOD THINGS I BELIEVE IN. Let us put these into practice in '93.

O God, how wonderful You are in making us aware of our needs. Teach us to put the best things into perspective and change for the good. Amen.

**SCRIPTURE REFERENCE: I Peter 3:8-9**

**FITS BIBLE STUDY**

Every Tuesday night, FITS Bible Study has a program called MOMS IN TOUCH. This is a time for women getting together to pray for their children. Anyone who is interested, is welcome to come and join us. This starts the last half hour of Bible Study. If you want to attend just the MOMS IN TOUCH, you will have to come to Bible Study at the 8:00 p.m. line movement. There will not be a special line movement called for this. Hope to see you there.



A MESSAGE FROM FATHER MIKE....



Monday, January 18th, will be celebrated as a state holiday honoring the late civil rights advocate, Dr. Martin Luther King, Jr. Had an assassins bullet not cut Dr. Kings life short in the prime of his life at 39 years of age, Monday would have been his 64th birthday.

None of us around at the time will ever forget that fateful day in April when we heard the news, nor will we forget the surge of rage and frustration that erupted into street violence in

a number of large cities. 1968 was a year of violence: the war in Vietnam raged on; the "Prague Spring" of Czechoslovakia was cruelly ended with the invasion of Soviet tanks; Dr. King was assassinated in April and by June Robert Kennedy's life was cut short by a snub-nosed bullet. Nearly twenty-four years have passed since that year of innocence lost. The world scene had changed much.

On this holiday it might be well to reflect upon this good man's contribution. Dr. King challenged the sin of racism and the concept of separate but equal. He did so with a profoundly simple technique called "non-violent resistance" which he learned from the great Indian leader Mohatma Ghandi. Both Ghandi and King proved (as we have seen repeatedly in Eastern Europe this past year) that people deeply committed to a moral good and willing to lay down their very lives in pursuit of it will ultimately triumph. Such commitment to non-violence calls for heroic measures of faith, discipline and commitment not to return hatred for hatred.

True heros are not the stuff of pop-charts, movies or even the avenue of the stars. Heros are those ordinary people who have had the courage to do extraordinary deeds. Heros inspire us to do likewise. Precisely for that reason we have few true heros. Dr. Martin Luther King has risen to the level of hero. Through his commitment of civil rights, all of us, whatever our color, are free to a greater extent; through his example of non-violence, we are challenged to lay aside all violence and desire for revenge in our lives. Especially today we must redouble our efforts to rid our neighborhoods of gang-related violence. The very thought of such violence would have been repugnant to Dr. King.

May this holiday be a time of recommitment and renewal for all of us to seek the way of peace through reconciliation.

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Father Mike is away from the institution through January 31st. Catholic Mass will not be offered this Sunday.

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**INMATE CUPS**

Effective immediately, Inmate Cups (those cups purchased from the Canteen) will not be altered in any form or manner i.e. Names, pictures or items attached to the Cup.

There will be a two week grace period in which you will be allowed to mail out all altered cups at the institution's expense.

During this grace period, cups will be turned in to the Clothing Room to be mailed out.

Only the following will be allowed on the inmate cups: Inmate's Name and SID # engraved on the bottom of the cup by the Clothing Room Officer.

Effective January 23, 1993, inmates found to possess a cup which is altered will be given a misconduct report for altered property.

**CLINIC CORNER****BE GOOD TO YOUR BACK**

Four out of five Americans will experience back pain at some time in their lives, yet most back pain is preventable. Having a healthy back depends on a combination of factors, ranging from the way you make a living to your choices in recreation to habits such as your posture and how you respond to stress. Make a point of including in your day a variety of exercises designed to keep your back strong and limber, and you'll stay off the disabled list and feel fit and relaxed.

Your back benefits from many types of exercise, from a walk around the block to swimming. However, if you're a golfer who never warms up, a hotdog skier, or a weekends-only weight lifter, then you could be among the injury-prone.

**Anatomy of a back**

At the core of the back is the spine, a tower of 24 interlocking vertebrae act as hinges that guide, limit, and direct the spine's movement. Cushioning the vertebrae are jellylike disks, which are tough yet flexible. They function as shock absorbers to keep your vertebrae evenly spaced.

Surrounding the upper spine are elastic ligaments and long muscles that act as guy wires. They keep everything in place while allowing motion in the neck and trunk. The back also has an automatic lubricating system that combats friction and keeps you from twisting and turning too far. In a healthy back, these elements--the spine and facet joints, disks, ligaments, and muscles--work in unison whenever you stand, sit, move, reach, lift, or stretch.

The healthy spine isn't perfectly straight; in fact, it has three gentle curves. Good posture holds these three curves in place so that your ears, shoulders, and hips are aligned. For your back to be in top condition, it's crucial that its supporting muscles and ligaments as well as those in the abdomen, hips, and legs be strong. If any are weak, you cannot maintain the natural curves.

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The results can be muscle spasms, inflammation, debilitating back pain, or the risk of serious injury to your muscles, ligaments, and nerves.

### **The Exercise Factor**

Unlike many exercise programs, taking charge of your back requires no special equipment. At the heart of back fitness is a regular, moderate cardiovascular workout. Safely performed aerobic activity can do wonders for your back by increasing blood flow to the muscles and ligaments around the spine and disks, and it also relieves tension. Just 20 to 60 minutes three to five times a week spent briskly walking or riding a stationary bicycle will boost your cardiovascular fitness.

You can strengthen and stretch the muscles that support your back with exercises in the gym, at home, and even at the office. Exercising your back should not be painful. The goal is to achieve a long, slow stretch that releases muscle tension, increases blood flow, and leads to greater flexibility and strength. Before you initiate a back fitness program, consider seeing your doctor for a checkup, especially if you have had discomfort in the past.

### **At Home**

You can begin your back fitness program in your living room, but remember: Stretch only to a comfortable point, don't hold your breath, and don't anchor your feet under furniture. If you feel pain, numbness, or tingling, stop immediately and seek the advice of your primary care physician.

**The Crunch**--Lie on your back, with knees bent, feet flat, and your back pressed to the floor. Extend arms, elbows, and fingers toward the knees. As you exhale, come to a half-sitting position by tightening the abdominal muscles. Lift to a count of five, until your wrists are just over your knees. Inhale as you release slowly to the original position, keeping knees bent. Repeat 10 times.

**Abdominal and Lower-Back Strengtheners**--Lie on your back, knees bent, feet flat, and lower back pressed to the floor. Raise hips as high as is comfortable, and slowly return to a starting position. Breathe normally, and repeat 10 times.

**Lumbar Rotation**--Lie on your back, knees bent and heels close to buttocks, shoulders flat and arms extended out from the shoulders. With heels firmly planted, slowly roll knees to the floor on one side. Repeat on the other side. Remember to keep your shoulders flat and heels planted at all times. Breathe normally, and repeat 10 times each side.

### **In the Gym**

If you work out at a gym, you can beef up your back fitness by using weight machines for a moderate workout. Some weight-lifting buffs incorrectly believe that more weight means more exercise. Unfortunately, using too much weight often results in injuries, not exercise. To be sure the amount of weight you use is appropriate for your fitness level, ask the resident exercise director to make a recommendation. With the proper workout you can strengthen specific muscle groups and gradually enhance your back's health.

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**Leg Curls**--Lie on your stomach on the bench with your knees just at the edge of the pad and ankles hooked on the roller, feet perpendicular with the floor. Exhale and slowly curl heels toward the buttocks. Inhale and slowly return to the starting position. Do not arch your back. Repeat 10 times.

**Lateral Pull Down**--With back straight and abdominal muscles tightened, grasp bar with palms facing front. Lean slightly forward. Exhale and slowly pull down the bar behind your head, elbows moving downward and backward. Inhale and slowly return to the starting position. Repeat 10 times.

**Leg Press**--With seat positioned so that knees do not exceed a 90-degree bend and with a small towel rolled under the lower back, place feet on pedals a shoulder width apart. Tighten abdominal muscles, exhale, and slowly press by extending knees and hips. Do not lock knees. Inhale and slowly return to the starting position. Repeat 10 times.

Exercise for a healthy back isn't a one-time effort. So plan to make keeping your back in shape a regular priority. Your back will respond to moderate exercise with greater strength and flexibility. When you add basic stretching moves to a physician-approved aerobic workout, you improve your odds of having a healthy back throughout your life.

#### EIGHT THINGS YOU CAN DO TODAY

1. **Sleep Flat**

Sleep on a firm mattress with a low, firm pillow under your head. You may want to add a second pillow under your knees. On your back is the best position, followed by on your side. Are you a stomach sleeper? That position puts extra stress on the back.

2. **Stay Active**

Too busy for a trip to the gym or a walk around the block? Park your car in the farthest corner of the parking lot and walk in. Carry your own groceries from the store and distribute the weight equally between two bags with handles. Use the steps instead of the elevator.

3. **Posture Pointers**

The healthy spine has three gentle curves, and good posture holds them in place. Poor posture puts extra strain on your spine, muscles, and nerves. When your posture is correct, your head is balanced atop your spine and your chin is level. Your weight should be evenly balanced on both feet (or buttocks when sitting), your stomach tucked in, and your shoulders comfortably back.

4. **Standing Style**

If your life-style involves standing all day, wear comfortable, low-heeled shoes with plenty of arch support. Use a cushioned mat under your feet to absorb impact. Add a telephone book or a small box as a foot rest, working with one foot elevated and shifting your position frequently. Don't lock your knees or jut hips to one side.

5. **Watch Your Weight**

If you're more than 20 percent over your optimum weight, your back is at risk, especially if that excess weight strains lower-back muscles pulling your posture out of alignment.

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6. **Work Smart**  
Take a look at how your work area is designed, with an eye for maintaining good posture. Your work surface should be at a height that doesn't require overstretching. Place your chair close to your work, and use aids like a lumbar support or seat wedge to tailor your chair.
7. **Telephone Tricks**  
Don't clutch the telephone receiver with your chin. Support your phone arm on your elbow or use a telephone support. And switch sides often. Consider using a headset or a speaker telephone.
8. **Lift Right**  
Lift with your legs, not your back. You've heard it all your life, and for good reason. With the object you wish to lift positioned as close to your body as possible, squat down with feet six to eight inches apart. While tucking and squeezing your buttocks, grasp the object with your hands, and lift it to thigh level. Using your leg muscles, gradually stand.

**FITS BIRTHDAY PARTY**

There was an error made on the FITS Birthday Party. The FITS Birthday Party will be held on Thursday, January 21st instead of January 14th. Only those inmates whose birthdays are in the months of NOVEMBER, DECEMBER and JANUARY will be allowed to attend. There is a sign-up sheet posted on the bulletin board.

**RECREATION YARD**

1. The recreation yard will be held on the softball field. The hours of the recreation yard will change with the seasons, which will be governed by the day light available.
  - A. Inmates will be allowed to enter the yard only during line movement.
  - B. Inmates being paged to a designated area will be authorized to leave the yard, return property to their cell and proceed to area where they were paged.
  - C. Inmates who leave the yard for any reason will not be authorized to return until the next yard line.
2. Inmates will not be within 10 feet of the following boundaries:
  - A. The outside perimeter fence.
  - B. The orange cones marking the East and West boundaries.
  - C. The South Wing.
  - D. The cat walk fence and the trailer fence.

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3. Inmates will not verbally communicate or wave to persons in the visiting yard or outside the perimeter fences.
4. Inmates will not be allowed to adjust their clothing to achieve suntan.
5. Inmates will be authorized to take radios to the yard. Radios must be played at low level for small groups only.
6. Any violations of these guidelines may result in removal from the yard, and informal memo or misconduct report.

#### CANTEEN NOTICE

#### GREETING CARDS

Valentine cards are on sale now, effective Monday, January 11.

#### VENDOR CHANGES

One of our major suppliers went out of business at the end of December. The Canteen is in the process of switching to another vendor which will cause some changes in the product line. Most of these changes will consist of brand changes, i.e., Good Sense Cold Medicine replacing Alka Seltzer.

We ask for your patience and cooperation during the next few weeks. We are confident that very few items will be discontinued.



**EVENTS SCHEDULE**

WEEK OF: January 16-23

**RELIGIOUS**

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8:50 - 11:00 AM	Mormon Bible Study						
10:00 - 11:00 AM		Protestant Worship					
11:00 - 3:45 PM							
1:00 - 2:00 PM							
2:50 - 3:50 PM	Adventist Worship						
5:30- 7:30 PM			Adventist Bible Study				
6:00- 7:00 PM		Smudge					
7:00- 8:30 PM					Prison Fellowship		
7:00- 9:00 PM		FITS Bible Study				Womens Aglow	
7:00- 10:00 PM				FITS Bible Study			

**SELF HELP GROUPS**

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2:30 - 3:50 PM		A A Meeting					
7:00 - 9:00 PM			NA Meeting				
7:00- 8:30 PM	Coda						

**RECREATION**

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:30- 8:30 AM	Aerobics Only						
9:50-10:50 AM	Photos						
12:50- 1:50PM	Umaja						
1:50 - 2:50 PM	Lifers						
6:00 - 8:00 PM	Aerobics/Weight Machine						
6:00 - 7:00 PM		Open Activities-Group 1	Open Activities-Group 1	Photos	Open Activities-Group 2	Open Activities-Group 3	Photos
7:00 - 8:00 PM		60 Minutes	Jeopardy/Wheel of Fortune	Jeopardy & Wheel of Fortune	Jeopardy & Wheel of Fortune	FITS Birthday Party	SPADES TOURMENT
8:00 - 9:00 PM		Open Activities-Group 2				Open Activities- Group 1	
9:00 - 10:00 PM		Open Activities-Group 3				Open Activities-Group 2	
8:00 - 10:00PM			Aerobics/Weight Machine		Aerobics/Weight Machine		
8:30 -10:30 PM	Movie Group Area Group 4 Recreation Group 3-Dining Room			Movie Classic			
10:00 - 10:30 PM		Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time

**CRAFTROOM**

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 10:15 PM	Open		Open		Open	Open	Open
6:00 - 9:00 PM				Ceramic Workshop			
7:00 - 10:15 PM		Open					
1:00 - 3:45 PM	Open						

DO NOT COME TO ANY ACTIVITY UNTIL IT IS PAGED

**MOVIE GROUPS**

- Life Trac- flexible
- Group 3- East Hall
- Group 4- South Hall/West Hall
- West Dorm- Dorm

**Recreation Groups**

- Group 1- W. Dorm/West Hall
- Group 2- S. Hall/Life Trac
- Group 3- East Hall



DEPARTMENT OF CORRECTIONS

Oregon Women's Correctional Center

MENU

*Richard L. Lacey*  
Food Services Manager

Sonia Hoyt  
Acting Superintendent

SONIA E. HOYT  
Assistant Superintendent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 18, 1993	January 19, 1993	January 20, 1993	January 21, 1993	January 22, 1993	January 23, 1993	January 24, 1993
<b>BREAKFAST</b> Oatmeal Cereal Fresh Fruit 4 ea. French Toast Maple Syrup	<b>BREAKFAST</b> 2 Bx. Total Cereal 4 oz. Fruit Juice Cream Beef Hashbrowns Biscuits Catsup	<b>BREAKFAST</b> Farina Cereal Fresh Fruit Scrambled Eggs with Turkey Ham Home Fried Potatoes Catsup	<b>BREAKFAST</b> 2 Bx. Lucky Charms Fresh Fruit 3 oz. Beef Sausage Patty 4 ea. Pancakes Berry Syrup	<b>BREAKFAST</b> Rolled Wheat Cereal 4 oz. Fruit Juice 2 Ea. Fried Eggs Beef Hash Catsup	<b>BREAKFAST</b> 2 Bx. Bran Flakes Fresh Fruit Beef Gravy Cottage Fried Potatoes Biscuits Catsup	<b>BREAKFAST</b> Cold/Hot Cereal Fresh Fruit Hamburger Cheese Omelette Hashbrowns Catsup
Sugar, Butter Coffee, Milk	Sugar, Butter Coffee, Milk, Jelly	Sugar, Butter, Jelly Coffee, Milk, Toast	Sugar, Butter Coffee, Milk	Sugar, Butter, Toast Jelly, Coffee, Milk	Sugar, Butter, Jelly Coffee, Milk	Sugar, Butter, Toast Coffee, Milk, Jelly
<b>LUNCH</b> Tossed Green Salad Oil & Vinegar Dressing Fried Chicken Mashed Potatoes Chicken Gravy Mustard Greens Cherry Cobbler	<b>LUNCH</b> Cream of Broccoli Soup Grilled Turkey Pastrami & Cheese Fried Potatoes Cauliflower 2 ea. Cookie Catsup	<b>LUNCH</b> Garden Salad French Dressing Chili Con Carne Steamed Rice Zucchini Hot Sauce Corn Bread * Jello With Fruit Sub-Fruit	<b>LUNCH</b> Cream of Mushroom Soup 2 ea. Corn Dog O'Brien Potatoes Hominy Mustard/Catsup Bar Cookie	<b>LUNCH</b> Garden Salad Ranch Dressing Sloppy Joe Hamburger Bun French Fries Yellow Squash Pudding Catsup	<b>LUNCH</b> Tacos Salad Spanish Rice Mexi-Cali Corn Refied Beans Hot Sauce Frosted Cake	<b>LUNCH</b> Navy Bean Soup * Pork Schnitzel Sub-Breaded Fish Mashed Potatoes Brown Gravy Carrots & Cabbage 2 ea. Dinner Rolls Ice Cream / Jelly
Sugar, Pop, Butter Milk, Bread	Sugar, Pop, Milk, Butter Tea (Hot/Cold),	Sugar, Pop Milk, Butter	Milk, Butter, Tea, Pop Sugar	Sugar, Pop, Milk	Sugar, Pop Coffee, Milk	Sugar, Pop, Coffee, Milk
<b>DINNER</b> Green Salad 1000 Island Dressing Polish Sausage Macaroni & Cheese Sauerkraut Mustard Tea Cake	<b>DINNER</b> Tossed Salad Creamy Italian Dressing Italian Meat Balls Spaghetti w/ Tomato Sauce Spinach Garlic Toast Frosted Cake	<b>DINNER</b> Green Salad Green Goddess Dressing * or Pork Roast Sub-Beef Bologna Boiled Potatoes Broccoli Country Gravy Cream Puff	<b>DINNER</b> Tossed Salad Russian Dressing Roast Turkey Mashed Potatoes Turkey Gravy Carrots Cranberry Sauce Chilled Fruit	<b>DINNER</b> Seafood Chowder Breaded Fish Oven Brown Potatoes Wax Beans Tartar Sauce/Catsup Corn Bread Fruit Crisp	<b>DINNER</b> Garden Salad French Dressing Scalloped Potatoes & Turkey Ham Beets Fresh Fruit	<b>DINNER</b> Tossed Salad 1000 Island Dressing 2 oz. Cheese 2 oz. Salami Mustard/Mayo Mixed Vegetables Chilled Fruit
Bread, Butter, Sugar, Coffee, Milk	Butter, Sugar, Milk	Butter, Sugar, Coffee Milk, Bread	Dinner Rolls, Butter, Sugar, Milk	Butter, Sugar, Milk, Coffee	Bread, Butter, Sugar, Milk	Wheat Bread, Butter Sugar, Milk, Pop

Cycle 3

\* DENOTES PORK ITEMS OR THOSE THAT COULD CONTAIN PORK, SUBSTITUTIONS ARE AVAILABLE

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**GENERAL LIBRARY SCHEDULE**

**WEEK OF JANUARY** 18th - 22nd.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:50 AM		GROUP 3	Closed for testing	GROUP 5	
8:50 AM		GROUP 4	Closed for testing	GROUP 6	
9:50 PM		GROUP 5	Closed for testing	GROUP 7	
12:50 PM	Closed for testing	GROUP 6	Closed for testing	GROUP 1	
1:50 PM	Closed for testing	GROUP 7	Closed for testing	GROUP 2	
2:50 PM	Closed for testing	GROUP 1	Closed for testing	GROUP 3	
6:00 PM	GROUP 1	GROUP 2	GROUP 4	GROUP 4	GROUP 6
7:00 PM	GROUP 2	GROUP 3	PVP Inmates	GROUP 5	IDMV - VT STUDENTS
8:00 PM	LT - QT	LT - QT	LT - QT	LT - QT	LT - QT
9:00 PM	LT - QT	LT - QT	LT - QT	LT - QT	LT - QT

**GENERAL LIBRARY HOURS WILL ROTATE EACH WEEK SO EACH HOUSING UNIT WILL GET EQUAL ACCESS TO THE LIBRARY**

**LIBRARY WILL BE CLOSED DURING THE DAY ON HOLIDAYS**

LIBRARY GROUPS ARE.... GROUP 1: EAST 1-16, GROUP 2: EAST 17-32, GROUP 3: SOUTH HALL 2-12, GROUP 4: SOUTH HALL 13-24  
 GROUP 5: WEST DORM RIGHT SIDE, GROUP 6: WEST DORM LEFT SIDE, GROUP 7: WEST WING & LIFE TRAC SOUTH DORM

**LEGAL LIBRARY SCHEDULE**

7:50 AM - 10:50 AM		OPEN		OPEN	
12:50 PM - 3:50 PM		OPEN		OPEN	
6:00 PM - 10:00 PM	OPEN		OPEN		
6:00 PM - 8:00 PM		OPEN		OPEN	
7:00 PM - 10:00 PM					OPEN

**INMATES MAY USE THE LEGAL BOOKS DURING GENERAL LIBRARY HOURS  
 LEGAL LIBRARIAN APPOINTMENT BY INTERVIEW REQUEST ONLY**



