

OREGON
JUN 19 1991
STATE LIBRARY

Bidin' Times

RECREATION NOTICE

Be sure to check the Activities Schedule for club meeting times, as times have been changed for this weeks meetings.



Rules of Prohibited Conduct

(9) **Disrespect to Another:** No inmate shall direct hostile, abusive, or threatening language or gestures toward or about another person, nor shall he or she direct such language and/or gestures to another person about a third person.

SOCIAL SERVICES NOTE

Inmates that have completed three (3) years of uninterrupted incarceration under the Parole Board matrix system are eligible for consideration for prison term reduction of up to seven (7) months upon the endorsement of the Superintendent. You must have completed the three-year requirement, have good conduct, and have participated in programming relevant to your needs. If you have completed thirty-four (34) months incarceration and are within two (2) months of the three (3) year incarceration requirement, submit an interview request to your counselor for a prison term reduction review. Your counselor will then process your request and notify you of a recommendation decision.

FOOD SERVICES NOTE

Starting on June 17, the kitchen will provide a vegetable platter for lunch and dinner. The kitchen will offer this every day and any inmate who wishes to have the vegetable tray may do so. The vegetable tray is in place of the regular lunch or dinner tray served on the main line. You will not be allowed to have both. If you decide to select the vegetable tray for that meal period, then simply ask the server at the beginning of the line and the kitchen workers will provide you with a tray.

The tray will have the following items on it: celery sticks, carrot sticks, green cabbage, raw potatoes, cooked beans, and fresh fruit. You may also add to that a green salad and hot vegetables off the main serving line. Salad dressing will be available at the end of the serving line as usual.

A MESSAGE FROM FATHER MIKE



Sunday, June 16, is Father's Day. Even the mere mention of it for some of you generates immediate images of "father". Many of those are good and wholesome; tragically, some of those are hateful and evil. For good or ill, "father" or "dad" was who he was. We cannot change that, try as we might. But what we can influence a great deal is OUR children. Whether we are a father or a mother, parenting is the most important and difficult job you will ever have. Often because of my 16 years in juvenile and adult corrections, I have held a baby and wondered, "will this innocent little one become a delinquent or go to jail?" What determines that? Here's some guidelines for parents:

- If a child lives with criticism, he learns to condemn.
- If a child lives with hostility, he learns to fight.
- If a child lives with ridicule, he learns to be shy.
- If a child lives with shame, he learns to feel guilty
- If a child lives tolerance, he learns to be patient.
- If a child lives with encouragement, he learns confidence.
- If a child lives with praise, he learns to appreciate.
- If a child lives with fairness, he learns justice.
- If a child lives with security, he learns to have faith.
- If a child lives with approval, he learns to like himself.
- If a child lives with acceptance and friendship, he learns to find love in the world.

+++++

Catholic Mass is offered by Father Mike each Sunday afternoon at 1:30 p.m. A special five minute line movement is provided for those wishing to attend. Come join us this Sunday in special prayer for all parents.

THE CHAPLAIN'S NOTEBOOK

Scheduled group: Fran Howard and FITS
Sunday, June 16, 1991
10:00 a.m., Recreation Room

Scripture Reference: 1 Samuel 16:7 "For the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart".

Have you ever walked down the alleys on your way home or, perhaps, on a morning stroll?

Alleys are usually not romantic; they are often strewn with garbage cans and trash piles. (Perhaps even an occasional burning of leaves or other trash). As one observes the backyards of homes, one might observe an interesting thing. One home, somewhat unneatly bordering the fence, a birdbath stood in the center of a terraced rock garden. In contrast, a beautiful home from the front street had a six foot thistle growing close to the alley. Debris was scattered everywhere--broken toys, untended flower beds, automobile parts--visible only to the owner and the garbage collector.

Now, in deference to our bodily house. My "outward or up-front" appearance may pass the world's inspection, but what about my "backyard"? It's hidden from all but One who knows its contents. He promises to collect the garbage in my life. But He expects me to pull the weeds from my thought life, put into His hands the broken dreams, dig deep to uproot the thistles of resentment and unforgiveness and to clean out the rusty wheels of procrastination. I'm also aware of the fact that He knows all about what we do when we are someplace where no other person knows us. What do we do then? Where do we go then? He knows.

Long ago, God looked into David's "backyard" and found a man "after my own heart" (1 Samuel 13:14; Acts 13:22). Could He say the same of you and me?

O God, I really do want my life to please You. will You help me remove the sins, bad habits, hurt feelings, jealousies and resentments from my "backyard"? Then lead me into the sunshine of Your forgiveness. Amen.



FOOD & DRUGS

WHAT MIXES— WHEN NOT TO MIX



Food and drugs don't always mix well. What you eat or drink can impair the effectiveness of over-the-counter or prescribed medications. In contrast, drugs can contribute to vitamin/mineral deficiencies by decreasing their absorption. Drugs can also affect appetite and taste acuity.

The dosage and timing of medications are important factors. Food can affect how fast a drug works by blocking its absorption. For example, the antibiotic tetracycline should be taken on an empty stomach. No food should be eaten 1 hour before or 2 hours after taking tetracycline since calcium, iron, aluminum, and magnesium interfere with its absorption. So dairy products, calcium or iron

supplements, meats, dark green leafy vegetables, and antacids containing aluminum should not be ingested with tetracycline.

Conversely, painkillers such as aspirin or ibuprofen should be taken with meals or milk to prevent nausea, stomachache, or heartburn. Alcohol, soda, fruit juices, and coffee (caffeine) may upset the stomach if taken with painkillers.

Alcohol consumption should be avoided with any medication since it can impair drug absorption and cause undesirable side-effects, i.e. nausea, vomiting, cramps, flushing. Alcohol can also decrease absorption of B-vitamins and increase excretion of magnesium and zinc. In general, water is the BEST beverage to drink

with medicine.

'Demographic' factors: The extent of interaction depends on drug dosage and the individual's age, size, and medical condition. Drug-nutrient interactions can be avoided if you and your physician are aware of all of your medications, nutritional supplements, and dietary habits. Here is a guide to some common nutrient-drug interactions:

Laxatives: Mineral oil can decrease absorption of fat-soluble vitamins A, D, E, and K as well as calcium and phosphorus. The bone diseases rickets (in children) and osteomalacia (in the elderly) may result.

Oral contraceptives: The "Pill" may increase requirements for B-vitamins like folacin, B-6, and riboflavin as well as Vitamin C.

Aspirin: Can cause decrease in blood folacin and losses of Vitamin C and potassium. AVOID acidic foods and beverages with aspirin.

Antibiotics: Can decrease absorption of fat, protein, carbohydrate, and Vitamins A, D, and B-12 and decrease Vitamin K production in the intestine. Antibiotics can be broken down by acidic drinks such as soda, fruit juices, and coffee, so take antibiotics with water.

Antacids: Can increase serum sodium levels, inhibit use of Vitamin A

and copper, and deplete calcium, phosphorus, and thiamin.

Diuretics: Some types cause increased loss of sodium, chloride, potassium, calcium, and magnesium. High potassium foods (orange, banana, raisins, cantaloupe, tomato, potato) or potassium supplements may be prescribed.

Lipid-lowering drugs: May decrease absorption of calcium, fats, glucose, iron, Vitamins A, D, K, B-12, and folacin.

Blood pressure lowering drugs: Deplete Vitamin B-6. AVOID natural licorice or products containing it, i.e. candy, sweets. (not artificial licorice flavoring)

Anticonvulsants: Can decrease calcium, folacin, and Vitamin D absorption leading to rickets (poor growth) in children.

Anti-inflammatory drugs (Steroids): Can decrease use of calcium and phosphorus and increase loss of potassium, calcium, and magnesium. Can increase blood glucose, cholesterol, and triglyceride (blood fat).

Anti-gout drugs: Decrease absorption of fat, sugars, and Vitamins A and B-12. (See Chart for more interactions) A well balanced diet is advised to reduce the risk of drug-related nutritional deficiencies.

by Karen Rubin, M.S., R.D., L.D.

GUIDE TO FOOD-DRUG INTERACTIONS		
MEDICATION	FOOD	WHY
ANTIBIOTICS (i.e. penicillin or erythromycin)	Acidic foods: citrus fruits, soda, coffee, vinegar, tomato, pickles, fruit juices	Destroyed by stomach acids created by these foods.
ANTIBIOTICS (tetracycline)	Calcium-rich foods: Cheese, milk, yogurt, almonds, cream, cocoa, ice cream, cottage cheese	These foods prevent absorption of the drug.
ANTICOAGULANTS (Blood thinners i.e. Coumarins)	Vitamin K-rich foods: Beef liver, oils, and dark green leafy vegetables like kale, broccoli, spinach, cabbage, brussels sprouts	Vitamin K promotes blood clotting. Counteracts effects of blood thinning agents.
ANTIDEPRESSANTS (MAO Inhibitors i.e. Marplan, Nardil)	Tyramine-rich foods: Aged cheeses, avocado, anchovies, banana, beer, broad beans, caffeine, chicken liver, cola drinks, chocolate, fish, mushrooms, pickled herring, raisins, sausage, sour cream, soy sauce, Chianti wine, heavy, or light extract, Parma, Grapes, Casambrat, Gruyere, Stilton, American	Tyramine, in combination with these drugs, can produce headaches, nosebleeds, high blood pressure, and fatal strokes.
ANTIHYPERTENSIVES (lower blood pressure i.e. Aldomet, Inderal)	Natural licorice (Imported candy and flavoring from Europe)	Natural licorice root causes salt and water retention that leads to high blood pressure and heart attacks.
LEVODOPA (for Parkinson's Disease)	High protein diet. Vitamin B-6 rich foods: beef and pork liver, beans, oatmeal, tuna, sweet potato, peas, avocado, cocoa, wine, cheese, dry bean milk, malted milk, yeast, and wheat germ	Dietary protein can prevent the drug from reaching the brain. Vitamin B-6 counteracts the drug.
THYROID DRUGS (i.e. Synthroid, Thiouracil)	Brussels sprouts, kale, cabbage, cauliflower, soybeans, turnips, rutabaga, mustard greens	These foods contain substances that inhibit production of thyroid hormone. Can lead to goiter.

HOW TO PREVENT FOOD-DRUG INTERACTIONS

1. Read labels and package inserts on all medications.
2. Ask your doctor or pharmacist about possible food interactions, especially for long-term drugs.
3. Ask about timing of medications i.e. take with or without food.
4. Ask about any foods or beverages to avoid or eat while taking medications.
5. Tell your doctor about your diet especially if you eat a lot of a particular food or eat an unusual diet i.e. lowfat, high fiber, high calcium.
6. Tell your doctor about all medications or vitamin/mineral supplements you are taking. Over-the-counter medicine (i.e. laxatives, aspirin) should be noted.
7. Tell your doctor immediately if a drug or specific food upsets your stomach or causes any unpleasant side-effects.
8. Eat a nutritionally balanced diet with a variety of foods. Nutrient deficiencies, caused by drugs, are unlikely if you are well nourished.

YARD NOTICE

When an inmate leaves the yard for any reason, **all** personal or state items must be brought back into the institution at that time. This would include pages by staff or line movements. No items are to be left in the yard when re-entering the institution.

CANTEEN NOTICE

NEW ITEM: Keefe Louisiana Hot Sauce 6 oz. bottle \$.60

Crawford coffee is back in stock 8 oz. bag \$4.00

New Cigarette Prices: Prices will increase effective 6/17/91 as follows:

Generic Filters	\$10.50 Carton
Camels, Marlboros, Winstons, & Kools	18.50 Carton
Pall Malls	18.90 Carton

Account Balances: If you desire to have your account balance put on your shopping list, please write a note on your list **before** you submit it. The balance written down will be **before** your current canteen expenditures.

NEW COSMETICS


Due to the demand for cosmetics designed for black women, the OSP Canteen is now carrying the following Maybelline "Shades of You" cosmetics:

<u>Item Number</u>	<u>Description</u>	<u>Cost</u>
D-1	Sienna Liquid Make-up	\$ 3.05
D-2	Amber Liquid Make-up	3.05
D-3	Honey Liquid Make-up	3.05
D-4	Rich Mocha Pressed Powder	2.95
D-5	Honey Bronze Pressed Powder	2.95
D-6	Amber Glo Pressed Powder	2.95
D-7	Mulberry Mist Blush	2.95
D-8	Copper Glo Blush	2.95
D-9	Cherries Jubilee Blush	2.95
D-10	Posh Plum Lipstick	2.80
D-11	Red Passion Lipstick	2.80
D-12	Warm Burgundy Lipstick	2.80

You must order these cosmetics by the item number. If we are out of the particular item that you requested and you would like to receive a substitute, please specify the item number for the substitute as well. **IF YOU DO NOT ORDER COSMETICS WITH THE APPROPRIATE ITEM NUMBER, THAT PORTION OF YOUR SHOPPING LIST WILL NOT BE FILLED.**

Note: These prices are subject to change at any time without prior notice.

I AM FAMOUS FOR




my work
with peanuts and
sweet potatoes.

I AM FAMOUS FOR



discovering
the telescope.

I AM FAMOUS FOR




soybean chemistry.

I AM FAMOUS FOR



being the first
man to reach the
North Pole.

I AM FAMOUS FOR



writing
science fiction.

I AM FAMOUS FOR




being the first
U. S. astronaut.
I walked on the moon.

I AM FAMOUS FOR



being a prominent
astronomer.

I AM FAMOUS FOR



discovering
the element radium
and the x-ray.

*****DIRECTIONS*****

Identify the man or woman who is famous for each of these... events. Turn in to education by 8:30 a.m. Tuesday. Correctly filled out entries number 4 & 7 will win pens unless there are only two correct answers.

I AM FAMOUS FOR



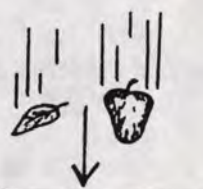
discovering
condensed milk.

I AM FAMOUS FOR



discovering
plant genetics.

I AM FAMOUS FOR



studying
gravity and motion.

OWCC ACTIVITIES SCHEDULE

SAT, JUNE 15, 1991

9:00 A.M. - 11:00 A.M. *MORMON BIBLE STUDY
 1:00 P.M. - 1:50 P.M. CLUB MEETING
 Umoja - Recreation
 1:00 P.M. - 1:50 P.M. SMUDGE - Craftroom
 1:50 P.M. - 2:50 P.M. CLUB MEETING - Jaycettes
 Recreation
 2:50 P.M. - 3:50 P.M. CLUB MEETING - Lifers
 Recreation
 6:00 P.M. - 7:00 P.M. PHOTOS - Yard
 6:00 P.M. - 7:00 P.M. OPEN ACTIVITIES - East Hall
 South Hall
 6:00 P.M. - 9:00 P.M. POW WOW - Visiting Room
 6:00 P.M. - 10:30 P.M. OPEN CRAFTROOM
 7:00 P.M. - 8:00 P.M. OPEN ACTIVITIES - West Hall
 South Dorm, West Dorm
 7:00 P.M. - 9:00 P.M. CODA - Conference Room
 8:30 P.M. - 10:30 P.M. MOVIES: South/West Halls
 Popcorn (Rec Room)
 East Hall
 (Dining Room)
 South/West Dorms
 (Dorms)

SUN, JUNE 16, 1991

10:00 A.M. - 11:30 A.M. *PROTESTANT WORSHIP SERVICES
 (Recreation Room)
 1:30 P.M. - 2:30 P.M. *CATHOLIC MASS - Rec Room
 6:00 P.M. - 7:00 P.M. MATTIE SPEARS CONCERT - Rec
 7:30 P.M. - 9:00 P.M. *DISCIPLES BIBLE STUDY
 (Classroom)
 7:30 P.M. - 9:00 P.M. *SEEKERS BIBLE STUDY
 (Conference Room)
 8:00 P.M. - 9:00 P.M. AEROBICS - Sweatin' to Oldies
 8:00 P.M. - 10:30 P.M. OPEN CRAFTROOM
 9:00 P.M. - 10:00 P.M. BINGO - All West
 10:00 P.M. - 10:30 P.M. QUIET TIME

MON, JUNE 17, 1991

5:30 P.M. - 7:00 P.M. *CHAPLAIN KLEIN'S BIBLE STUDY
 (Conference Room)
 6:00 P.M. - COUNT SOFTBALL - South, East Halls
 (Weather Permitting)
 7:00 P.M. - 9:00 P.M. NARCOTICS ANONYMOUS
 (Conference Room)
 8:00 P.M. - 9:00 P.M. QUIET TIME - Recreation
 9:00 P.M. - 10:00 P.M. AEROBICS - Jody Watley - Rec
 9:00 P.M. - 10:30 P.M. OPEN CRAFTROOM
 10:00 P.M. - 10:30 P.M. QUIET TIME - Recreation

***SPECIAL LINE MOVEMENT - Do not come to this activity UNTIL PAGED.**

TUE, JUNE 18, 1991

6:00 P.M. - 7:00 P.M.	OPEN ACTIVITIES - South Hall & East Hall
6:00 P.M. - 9:00 P.M.	CERAMIC WORKSHOP
7:00 P.M. - 8:00 P.M.	OPEN ACTIVITIES - West Hall South Dorm, & West Dorm
7:00 P.M. - 10:30 P.M.	FITS BIBLE STUDY - Conf Room
8:00 P.M. - 9:00 P.M.	AEROBICS - Beginner/Advance
9:00 P.M. - 10:30 P.M.	OPEN CRAFTROOM
9:00 P.M. - 10:30 P.M.	QUITE TIME - Recreation

WED, JUNE 19, 1991

6:00 P.M. - 7:00 P.M.	OPEN ACTIVITIES - South Hall & East Hall
6:00 P.M. - 10:30 P.M.	OPEN CRAFTROOM
7:00 P.M. - 8:00 P.M.	OPEN ACTIVITIES - West Hall South Dorm, & West Dorm
7:00 P.M. - 9:00 P.M.	ALCOHOLICS ANONYMOUS (Conference Room)
8:30 P.M. - 10:30 P.M.	MOVIES: South/West Halls (Dining Room) East Hall (Recreation) South/West Dorms (Dorms)

THUR, JUNE 20, 1991

6:00 P.M. - 7:00 P.M.	PHOTOS - Yard
6:00 P.M. - Count	SOFTBALL - West Hall, Dorms Weather Permitting
7:00 P.M. - 9:00 P.M.	WOMEN AGLOW BIBLE STUDY - Conference Room
8:00 P.M. - 9:00 P.M.	AEROBICS - Cosmo
8:30 P.M. - 10:30 P.M.	OPEN CRAFTROOM
9:00 P.M. - 10:30 P.M.	QUIET TIME - Recreation

FRI, JUNE 21, 1991

6:00 P.M. - 7:00 P.M.	PHOTOS - Yard
6:00 P.M. - 7:00 P.M.	OPEN ACTIVITIES - South Hall & East Hall
6:00 P.M. - 10:30 P.M.	OPEN CRAFTROOM
7:00 P.M. - 8:00 P.M.	OPEN ACTIVITIES - West Hall South Dorm & West Dorm
8:00 P.M. - 9:00 P.M.	EASY EXERCISE
9:00 P.M. - 10:00 P.M.	AEROBICS
	Sweatin' To The Oldies
10:00 P.M. - 10:30 P.M.	QUIET TIME

*SPECIAL LINE MOVEMENT - Do not come to this activity UNTIL PAGED.