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BIDIN' TIMES

September 11, 1992

OREGON
SEP 15 1992
STATE LIBRARY

RULES OF PROHIBITED CONDUCT

(2) VIOLATIONS INVOLVING PROPERTY:

- m. **NON-ASSAULTIVE SEXUAL ACTIVITY:** An inmate commits Non-Assaultive Sexual Activity if he/she engages in sexual activity which produces or is intended to produce sexual stimulation or gratification and the sexual activity is made without violence, the threat of violence, coercion, or the use of a weapon.

INTERVIEW REQUESTS

To assure prompt response to your Interview Requests, please be sure to include complete information on your institutional assignment and your housing unit, cell and bunk in the space provided on the form. Failure to do so may result in your not receiving a response.

FROM THE EDUCATION DEPARTMENT

Congratulations to the following inmates for achieving academic excellence for Summer Term 1992 as full time students:

4.00

Tamara Bird
Constance Carrig
Lisa Hayward
LaDonna Stone

3.50 or Better

Michelle Burks
Christina Dralle
Lori Moore
Donna Shonkwiler

Great Job, keep up the good work.

ATTENTION EVERYONE!

A Native American Sweat is scheduled for Saturday, September 26, 1992. The sweat will be lead by Kim Conner. If you are interested in attending you must send a kite to the Recreation Department no later than Wednesday, September 23, 1992.

FROM THE SECURITY MANAGER**LAUNDRY LIST**

When you place your name on the laundry sign up sheet, you must include your full name and your bunk assignment-indicate A or B bunk.

EXAMPLE: Jones, Suzie E32B

Incomplete name or cell number will result in your name being removed from the sign up sheet.

If you need to cancel your scheduled time, it is your responsibility to ask a staff member to cross your name off and initial the cancellation.

FROM THE CLOTHING ROOM**INDIGENT ENVELOPES**

Requests for indigent envelopes need to be received, by an interview request, in the Clothing Room between the **first** and **fifth** of the month for the previous month. You must have less than \$1.75 for the month to be eligible to receive **five** envelopes.

THE CHAPLAIN'S NOTEBOOK

PROTESTANT SERVICES: JOHN PARKER MINISTRIES
SUNDAY, SEPTEMBER 13, 1992 at 10:00 a.m. IN
THE RECREATION ROOM.

THOUGHTS TO PONDER FROM CHAPLAIN DAVE:

I lived in New York from January through March of 1990. While back there I had the opportunity to visit many exciting places. I rode the subways frequently and was always irritated by the obnoxious smell of urine, mildew, and the cold, humid and stagnant air. It also seemed that at most stops there was construction occurring. There would be huge holes in the concrete or plywood over the sides of the concrete walls. This puzzled me because I rarely saw anyone working. Then one day I came across a man with a white hard hat on who was apparently surveying a large hole in the subway floor which had barricades around it. I proceeded to ask him why there is always so much construction on the subway tunnels. He then told me that it was not construction but maintenance and that the subways had been here for
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about 100 years and that if they were to stop the regular maintenance the subways would fall apart very quickly.

What spiritually maintenance have you been doing in your life? Problems like "small lies", gossip, lust, etc." should be hints that all is not well spiritually. Just like minor cracks or smells appear in subways which demonstrate possible serious future problems. Worship, group studies and personal quiet time in devotion is the spiritual maintenance you need.

You may be thinking that anyone who thinks you need to read the Bible every day to keep your life together and give real meaning to life is weak, dependant and close minded. Just remember what a New York taxi driver once said, "If you always have a open mind, somebody's going to come along and throw garbage in it!"

In God's Love,

Chaplain Dave Beseler

A MESSAGE FROM FATHER MIKE....



Have patience... how many times have we heard that said. Most often we would rather not hear it. I'd like to share the story because it involves some history of OSCI as well. I realize most of you have never, nor ever will see the chapel there, but the moral of the story remains.

The chapel at OSCI was begun as an early cell block. Later it became the shoe repair shop (customary in prisons at the time).

Finally, it was designated as the chapel area, but looked unlike the chapel today. Through the begging of first chaplains, Father Ed Spear and Chaplain Cancannon, a mortuary donated pews and an altar was made. In 1969 four inmates approached the Catholic chaplain, Father Stipe with a plan: they would paint murals on the walls. After much discussion and planning the design was chosen; then, to sell the idea to the administration.

"You want to do what? Be serious!" they were told. But Father Stipe and Chaplain Lynn were serious and eventually they won approval. Today, the three religious murals stand as tribute to the artists.

From the inspiration came the renovation of the chapel (1974) as we know it today. The beautifully crafted woodstained glass lights, the hand carved cross, the finely tooled black walnut doors - each item was done with care by the men. In a touching tribute, the sea gulls on the wall were crafted (remember the story, "Jonathan Livingston Seagull" by Richard Bach) as a memorial to those who have died at OSCI.

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The final touch to the chapel renovation project was to be ceiling fans and air conditioning. We were disappointed to learn that money was not available to complete that part of the project... and money never was available ... for the next 15 years.

It us goes to show what a little (?) patience will bring!!

Looking for the quiet, prayerful space? A lift for the week? Catholic Mass may be just the place for you. Join us for this Scripture and Holy Communion service each Sunday at 1:30 p.m.

FITS

Mom's In Touch will meet Sunday nights at the last half hour of FITS Bible Study to pray for our children. Anyone interested is welcome to come and join us from 7:00 to 9:00 p.m. Everyone is invited. Hope to see you there.

COLLEGE STUDENTS

**LEARNING ABOUT
"OFFICE WORK"**

Office Procedures (OA116) is a three-credit class that gives you an introduction to the many different tasks that are involved in all or some (or many) "office" jobs.

- * Work attitudes and getting along with others
- * Telephone techniques
- * Receptionist techniques
- * Time management
- * Finding a job, interviewing; resumes
- * Communication skills
- * Mailing and shipping regulations/procedures
- * Planning meetings, conferences, etc.
- * Financial recordkeeping and banking procedures
- * Personal and professional growth and development
- * Managing and supervising others
- * And More!!

**Office Procedures will be offered
Thursday mornings from 8 - 11 a.m.**

CREATIVE EXPRESSIONS

Twelve "good women and true" survived the September workshop. Each participant who completed the twelve hour class receives a "Certificate of Award" and a special pen.

Instructor Keith Scales sends his congratulations for good work. We all look forward to the next workshop in December. Something special is bound to happen! It will be the Season, after all.

CANTEEN NOTICEPRICE REDUCTION

12" x 18" Art Pads reduced to \$18.00 as long as current supplies last.

COPY CARDS

Copy cards are currently being sold in the Canteen for the purpose of buying copies from the copy machine located in the Law Library. If you would like to purchase a copy card, you must submit a CD 28 (withdrawal) to the Clothing Room. Your request must state if you currently own a card, the number of copies remaining on that card, and the number of copies you wish to purchase. These requests must be RECEIVED in the Clothing Room by last line movement Wednesday night. Any request received later than last line movement Wednesday night will be held until the following week.

CLINIC CORNER**TUBERCULOSIS FACTS -- YOU CAN PREVENT TB****What is TB?**

"TB" is short for a disease called tuberculosis. TB is spread by tiny germs that can float in the air. The TB germs may spray into the air if a person with **TB disease** of the lungs or throat coughs, shouts, or sneezes. Anyone nearby can breathe TB germs into their lungs.

TB germs can live in your body without making you sick. This is called **TB infection**. Your immune system traps TB germs with special germ fighters. Your germ fighters keep TB germs from making you sick.

But sometimes the TB germs can break away. Then they cause **TB disease**. The germs can attack the lungs or other parts of the body. They can go to the kidneys, the brain, or the spine. If people have **TB disease**, they need medical help. If they don't get help, they can die.

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How do I know if I have TB infection?

A skin test is the only way to tell if you have **TB infection**. This test is "positive" if a bump about the size of a pencil eraser or bigger appears on your arm. This bump means you probably have **TB infection**.

If you are infected with HIV, the virus that causes AIDS, your body may not react to a TB skin test. The health worker may give you other tests.

What should I do if I have TB infection?

If you have **TB infection**, you may need treatment so you will not get **TB disease** later. This is called "preventive" treatment. Isoniazid (INH) is the anti-TB drug used most often.

Unless you get preventive treatment, **TB infection** can turn into **TB disease**. Those who are more likely to get sick from **TB disease** include:

- * alcoholics or injection drug users;
- * people with certain medical conditions such as diabetes, certain types of cancers and being underweight; and especially
- * people with HIV infection (the virus that causes AIDS).

These things make your body weaker. When your body is weaker, it can't fight TB germs any more.

It is very important that you take your preventive treatment as your doctor recommends. It takes at least six months to a year to kill all the TB germs. Remember, you will always have TB germs in you body unless you kill them with the right medicine.

What if I'm released before I finish my medication?

Ask a health worker where you should go to get the rest of your medicine. The local health department or your doctor outside will make sure you get the medicine you need. Protect your family and friends from TB__take all your anti-TB drugs!

EVENTS SCHEDULE

WEEK OF: September 12th.-September 18th.

RELIGIOUS ACTIVITIES SCHEDULE

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00 am							
8:50 - 11:00 am	Mormon Bible Study						
10:00 - 11:00 pm		Protestant Worship					
11:00 - 2:50 pm							
1:30 - 2:30 pm		Catholic Mass					
3:00 - 3:50 pm	Adventist Worship Service						
5:30 - 7:00 pm			Adventist Bible Study				
6:00 - 7:00 pm		Smudge		Smudge			
7:00 - 8:30 pm					Prison Fellowship		
7:00 - 9:00 pm		FITS Bible Studies				Women's Aglow Bible Study	
7:00 - 10:00 pm				FITS Bible Study			
8:00 - 10:00 pm			Concert/Rec. Room				

SELF-HELP GROUPS

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 3:30 pm							
2:30 - 3:50 pm		Alcoholic's Anonymous					
5:30 - 7:30 pm							
7:00 - 9:00 pm			Narcotics Anonymous				
7:00 - 8:30 pm	Co-Dependent Anonymous						

ACTIVITIES - RECREATION

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 - 8:00 am	Aerobics					Aerobics	
8:50 - 9:50 am							
9:50 - 10:50 pm	Jaycees Meeting						
1:00 - 2:00 pm	Craft Circle						
2:00 - 2:45 pm	Photos				Photos		
6:00 - 7:00 pm	Aerobics-Sweatin 1	Open Activities - Group 2		Open Activities -Group 1	Open Activities-Group 3	Open Activities - Group 3	Open Activities- Group 2
6:00 - 9:00 pm							
6:00 - 10:30 pm	Open Craftroom		Open Craft Room		Open Craft Room	Open Craft Room	Open Craft Room
7:00 - 10:30 pm		Open Craft Room		Open Craftroom			
7:00 - 8:00 pm	Toning Exercise	Toning Exercise		Aerobics-Exercis	Aerobics- Jody Watley	Toning Exercise	Photo's
8:00 - 9:00 pm		Open Activities-Group 3		Open Activities- Group 2	Open Activities - Group 1	Open Activities- Group 1	Toning Exercise
8:30 - 10:30 pm	Movie - Group area Group 3- Recreation Group 4 - Dining Room						
9:00 - 10:00 pm		Aerobics-Lower Body Fonda		Fitnessary	Open Activities- Group 2	Aerobics-Bag/Advance Fonda	Aerobics-Complete- Jane
9:00 - 10:30 pm							
10:00 - 10:30 pm		Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time

SPECIAL EVENTS SCHEDULE

TIME	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 11:00 am							
6:00 - 9:00 pm							

DO NOT COME TO ANY ACTIVITY UNTIL IT IS PAGED

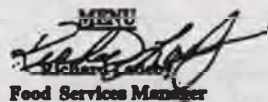
RECREATION GROUPS ARE AS FOLLOWS:
 GROUP 1 = WEST DORM/WEST WING
 GROUP 2 = SOUTH WING/LIFE TRAC
 GROUP 3 = EAST WING
 GROUP 4 = SOUTH WING/WEST WING

Movie Groups: Location:
 Group1-West Dorm Dorm
 Group2-Life Trac Flexible

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DEPARTMENT OF CORRECTIONS

Oregon Women's Correctional Center



ROBERT H. SCHIEDLER
Superintendent

SONIA E. HOYT
Assistant Superintendent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SEPTEMBER 14, 1992	SEPTEMBER 15, 1992	SEPTEMBER 16, 1992	SEPTEMBER 17, 1992	SEPTEMBER 18, 1992	SEPTEMBER 19, 1992	SEPTEMBER 20, 1992
BREAKFAST Farnia Cereal 1 ea. Fresh Fruit 4 ea. French Toast Fruit Syrup	BREAKFAST 2 Bx. Cold Cereal 4 oz. Fruit Juice Cream Beef Hashbrowns 2 ea. Biscuits	BREAKFAST Oatmeal Cereal 1 ea. Fresh Fruit Scrambled Eggs with Turkey Ham Home Fried Potatoes Catsup	BREAKFAST 2 Bx. Cold Cereal 1 ea. Fresh Fruit 3 oz. Beef Sausage Patty 4 ea. Pancakes Maple Syrup	BREAKFAST Rolled Wheat Cereal 1 ea. Fresh Fruit 2 ea. Fried Eggs Beef Hash Catsup	BREAKFAST 2 Bx. Cold Cereal 4 oz. Juice Beef Gravy Cottage Fried Potatoes 2 ea. Biscuits	BREAKFAST Cold or Hot Cereal 1 ea. Fresh Fruit Sausage & 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
LUNCH Green Salad Salad Dressing Tamale Pie Green Peas Tea Cakes Hot Sauce	LUNCH Pasta Salad Grilled Turkey Pastrami & Cheese Fried Potatoes Cauliflower 2 ea. Cookie	LUNCH Tossed Salad Salad Dressing Chili Con Carne Steamed Rice Zucchini Corn Bread * Jello With Fruit Sub-Fruit	LUNCH Green Salad Salad Dressing 1 ea. Corn Dog Fried Potatoes Hominy Mustard/Catsup Bar Cookie	LUNCH Garden Salad Salad Dressing Sloppy Joe Hamburger Bun O'Brien Potatoes Yellow Squash Padding	LUNCH Tacos Salad Mexi-Call Corn Refled Beans Hot Sauce Frosted Cake	LUNCH Tossed Salad * Pork Schnitzel Sub-Breaded Fish Boiled Potatoes Brown Gravy Carrots & Cabbage 2 ea. Dinner Rolls Ice Cream
Sugar, Pop, Butter Milk, Bread	Sugar, Pop, Milk, Butter Tea (Hot/Cold), Bread	Sugar, Pop Milk, Butter	Milk, Butter, Bread/Buns Tea (Hot/Cold), Pop Sugar	Sugar, Pop, Milk	Sugar, Pop Coffee, Milk	Sugar, Pop Coffee, Milk
DINNER Tossed Green Salad Salad Dressing Polish Sausage Macaroni & Cheese Sauerkraut Mustard Fruit Cobbler	DINNER Green Salad Italian Meat Balls Spaghetti Tomato Sauce Spinach 2 ea. Toast Garlic Butter Frosted Cake	DINNER Garden Salad Salad Dressing * Pork Roast Sub-Beef Bologna Potatoes Broccoli Country Gravy Fresh Fruit	DINNER Green Salad Salad Dressing Roast Turkey Bread Dressing Turkey Gravy Carrots Frosted Cake	DINNER Soup Breaded Fish Fried Potatoes Wax Beans Tartar Sauce Fruit Crisp	DINNER Garden Salad Salad Dressing Scalloped Potatoes & Turkey Ham Beets	DINNER Soup Egg Salad Cheese Salami Mustard Mixed Vegetables Chilled Fruit
Bread, Butter, Sugar, Coffee, Milk	Sugar, Milk	Butter, Sugar, Coffee Milk, Bread	Bread, Butter, Sugar, Milk	Bread, Butter, Sugar, Milk, Coffee	Bread, Butter, Sugar, Milk	Wheat Bread, Butter Sugar, Milk,

Cycle 3

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