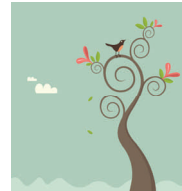


# OSCILLATOR

September 18, 2009

ISSUE 38



## Who's Who?

Superintendent - Mr. G. Kilmer  
Asst. Supt., General Services - Mr. T. Bowser  
Asst. Supt., Transitional Services - Ms. C. Tupou  
Behavioral Health Services Manager - Ms. R. Nekuda  
Diversity Coordinator - Ms. C. Taylor  
Education Manager - Ms. N. Green  
Executive Asst. to Supt. - Ms. W. Hatfield  
Food Services Manager - Ms. L. Macias  
Health Services Manager - Ms. A. Parker  
Hearings Officer - Ms. D. Goldade  
Library Coordinator - Mr. G. Hunter

Management Asst. to Supt. - Ms. K. Buce  
Operations Captain - Capt. D. Scott  
Physical Plant Manager - Mr. T. Cage  
Recreation - Mr. J. Sipple  
Religious Services - Chaplain K. Rath  
Safety Manager - Mr. W. Hensell  
Acting Security Manager - Capt. H. Myers  
Special Operations Captain - Mr. H. Myers  
Transition Coordinator - Ms. K. Hollingsworth  
Transition Services Mgr - Mr. R. Briones

## From the Security Manager

With the conclusion of softball season, the grass outfield is now open and available for inmates interested in walking. The dirt in field will remain closed to inmate walkers to help maintain the condition of that area. We ask that inmates recognize this extended privilege and utilize this additional space appropriately.

## From Canteen

**Statewide Commissary Information: September 14, 2009**

**On behalf of Angela Smith, Statewide Commissary Manager**

### **New Products:**

Hot Link Bites 7.21 oz \$3.58

Native Tan Sunblock \$6.44

### **Shorts - Update:**

Commissary was able to locate a supplier that could meet our high volume demands, and are now once again able to offer the Russell Micro Mesh shorts (sizes S-8XL). These are replacing the Jam cotton shorts.

S-XL= \$12.69

2XL-4XL= \$13.99

5XL= \$16.99

6XL= \$17.99



## Religious Services Announcements

Week of 9/13 - 9/19

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:30-3:45 All day meditation Intensive  12:00 Chapel Video Series led by Arlene Hessman  2:30 Chapel - General Protestant Service led by Parker Ministries  7:00 Chapel - Catholic Communion Service.	<b>No Services</b>	3:30 Chapel - Relationships Study  7:00 Chapel - Bilingual Protestant Service. Servicio Bilingue Protestante.  7:00 Academics - - LDS Service - Native Drumming  - Prison Fellowship - Russian Bible Study - SDA Bible Study - Discipleship Study	5:00 Chapel - Hatha Yoga  7:00 Chapel - Meditation Buffet led by SYDA Yoga  7:00 Academics - - Jehovah's Witness Service.  Waldie's Bible Study - Catholic Bible & Catechesis Study	9:30 Chapel -  - Hispanic Catholic Service. Servicio Católico en Español.	9:00 Chapel - - Thresholds Transitions Group  1:30 Academics - - Jumah Prayer  7:00 Chapel - - United Pentecostal Services.	9:00 Academics - - Muslim study (on break till end of Ramadan).  1:30 Chapel - - SDA Service  1:30 Academics - - Hispanic SDA Service  Hispanic Jehovah's Witness  - Hispanic Purpose Driven life Study. Estudio de vida con proposito.

\* If you have any questions about the nature of these services, please send your questions to Ms. Rath, Chapel.

## From Food Services



### OSCI CYCLIC MENU FOR WEEK OF SEPTEMBER 21, 2009

The 7<sup>th</sup> Step Foundation, through Transitions, has **two openings**. For those of you who are not aware of what the 7<sup>th</sup> Step Foundation is, the following is the descriptive mission statement:

*The 7<sup>th</sup> Step Organization's goal is to reduce recidivism by addressing the causes of recidivism in a pro-social manner. We attain this goal through mentoring, mediation, accountability, vocational training, cognitive reform, education, relapse prevention and by creating a pro-social atmosphere where inmates can re-establish relationships beneficial to themselves, their families, and the community.*

**This mission is to be accomplished through the following departments within the 7<sup>th</sup> Step Foundation:**

Veterans Assistance Program  
Fundraising Efforts  
Empathy Program  
Speakers & Seminars  
Mentoring  
Vocational Training & Education  
Sponsored Event  
Step by Step  
Housing

If you are interested assisting others transition into the community within the framework of this organization, please send an inmate request to Ms Hollingsworth with **an essay about yourself** on why you want to participate in the 7<sup>th</sup> Step, the activities you are and have been involved in inside & outside the institution and what department you would like to be involved in & why. Essays are due by October 1<sup>st</sup> and there're only **2** positions open, so don't delay.

### **THE SEVEN STEPS TO FREEDOM**

- F** Facing the truth about ourselves and the world around us, we decided we need to change.
- R** Realizing that there is a power from which we can gain strength, we decided to use that power.
- E** Evaluating ourselves by taking an honest self-appraisal, we examined both our strengths and our weakness.
- E** Endeavoring to help ourselves overcome our weaknesses, we enlisted the aid of that power to help us concentrate on our strengths.
- D** Deciding that our freedom is worth more than our resentments, we are using that power to help free us from those resentments.
- O** Observing that daily progress is necessary, we set an attainable goal toward which we can work each day.
- M** Maintaining our own freedom, we pledge to help others as we have been helped.