

# WALLED STREET BULLETIN

## OREGON STATE PENITENTIARY SALEM OREGON

OSP Executive Management Team

## ADMINISTRATION

Below is the list of status changes made to DOC administrative rules since 8/1/2024.

### PROPOSED RULES:

#### **291-011 Segregation (Disciplinary)**

- Amends rule to permanently adopt temporary changes to the rule which update 291-011-0080 Disciplinary Segregation Units in Minimum Custody Facilities to provide clarity on how AICs are to request or receive health care services at SFFC; and to add consistency by updating title to "qualified health care used."
- Last day of comment period: 10/18/2024 at 12:00 PM

#### **291-058 Structured, Intermediate Sanctions**

- Amends rule to permanently adopt temporary changes to the rule which (1) incorporate legislatively mandated policies regarding the application of structured, intermediate sanctions to adults on supervision for designated drug-related misdemeanors and for designated person misdemeanors; (2) provide a consistent statewide framework and structure for imposing structured, intermediate sanctions on adults on supervision for violation of supervision conditions; (3) incorporate changes in terminology used by the department and community corrections agencies to refer to adults on supervision; and (4) update definitions, supervision and reporting form titles, and the Administrative Sanctions Sanctioning Grid and Sanction Equivalency Table.
- Last day of comment period: 10/18/2024 at 12:00 PM

September 5, 2024

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#### **291-105 Prohibited Conduct and Processing Disciplinary Actions**

- Amends rule to increase the potential loss-of privileges sanction for staff assault violations and add definitions for terms "adjudicate", "disciplinary segregation", "drug paraphernalia", and "loss of privileges".
- Virtual Public Hearing: 10/2/2024 10:00 AM
- Last day of comment period: 10/18/2024 at 12:00 PM

#### TEMPORARY RULES:

#### **291-011 Segregation (Disciplinary)**

- Amends rule to update 291-011-0080 Disciplinary Segregation Units in Minimum Custody Facilities to provide clarity on how AICs are to request or receive health care services at SFFC; and to add consistency by updating title to "qualified health care professional" where different titles are currently used.
- Effective 8/23/2024 through 2/18/2025

#### **291-058 Structured, Intermediate Sanctions (Part 1 and Part 2)**

- Amends rule to (1) incorporate legislatively mandated policies regarding the application of structured, intermediate sanctions to adults on supervision for designated drug-related misdemeanors and for designated person misdemeanors; (2) provide a consistent statewide framework and structure for imposing structured, intermediate sanctions on adults on supervision for violation of supervision conditions; (3) incorporate changes in terminology used by the department and community corrections agencies to refer to adults on supervision; and (4) update definitions, supervision and reporting form titles, and the Administrative Sanctions Sanctioning Grid and Sanction Equivalency Table.

- Effective 9/1/2024 through 2/27/2025

### 291-069 Security Threat Management

- Amends rules to conform these rules to department organizational changes and reflect the department's reassignment of certain STM program functions and duties from the Office of the Inspector General to the department's Operations Division. Other revisions update punctuation, clarify acronyms or correct references to department employees in definitions.
- Effective 8/29/24

### 291-124 Health Services

- Amends rules to update how and when the department will pay for the acquisition, maintenance, and repair of certain types of durable medical equipment (DME), including eyeglasses and hearing aids, when that type of DME is necessary for an adult in custody (AIC) to access department programs, services, or activities (PSAs). The proposed changes include reorganization of some of the Health Services rules for clarity and ease of use.
- Adopts rule to establish the doula program for pregnant and postpartum adults in custody at Coffee Creek Correctional Facility per HB2535 (2023).
- Effective 8/13/2024

/s/ J.Vaughn, DOC Agency Rules Coordinator

# GROUP LIVING

### PREA Related Grievance & Discrimination Complaint Process Improvements

Effective August 1, 2024, a grievance or discrimination complaint related to a claim of sexual abuse or sexual harassment will be immediately subject to investigation that is outside the Department's administrative remedies process. However, the Grievance Review System (OAR 291-109) and Discrimination Complaint Review System (OAR 291-006) can still be utilized to report PREA allegations. PREA allegations raised through these administrative review systems will receive a return receipt indicating the allegation has been received and forwarded to your institution's PREA Compliance Manager (PCM) for investigation and will include information on how to initiate PREA advocacy services. No further response or appeal will be provided through these administrative review

systems. All further inquiries and communications about the PREA allegation(s) need to be sent to your institution's PREA Compliance Manager. In addition, there are many other ways to report a PREA allegation:

- In person to any staff
- Through an AIC communication form
- Call the Inspector General's Hotline
  - Pick up handset, make language selection, and dial "91"
- Write to the Governor's Office
  - State Capitol, Room Suite 254, 900 Court St., Salem, Oregon 97301
    - You can request to remain anonymous
- Friends or family can report on your behalf (877-831-0389)

/s/ Joshua Lawson, Griev. & Discrimination Coord.

### The Group Living Mail Box

Is located to the Left of Door #5 on the Control Floor, is for the following:

### AIC Communications addressed to –

- Captain. Porter – Group Living Captain
- Lieutenant Hakola – Group Living Lieutenant – PREA
- Corporal John – Group Living Corporal
- Officer Curry – Substance Abuse Officer
- Ms. Andrea Fugate – Measure 17 Work Programs

### Or questions/request related to:

- Housing Related Communications (Example: Cell Change Requests)
- Hair Cuts
- Work Programs – M17
- PREA
- Alternative Clothing
- Lost/Damaged Property



### The Group Living Box is not for:

- Grievances
- Visiting Applications
- Incentive Level Increases
- STM related Issues
- Counselors (Correctional/BHS)
- Medical Issues
- Phone/Tablet Issues

/s/ J. John, Group Living Corporal

# CORRECTIONAL REHABILITATION

## Visiting Applications

Visiting Services updated the current visiting application (CD 50) earlier this year. Updated forms are currently located in the housing units across the institution and on the Department of Corrections website. Please only fill out visiting applications dated 03/2024, as the old forms will no longer be accepted or processed by Visiting Services. The date is located on the bottom right-hand corner of the form.

/s/ C. Lenex, Correctional Rehabilitation Manager

## Correctional Counselor Caseloads

Due to unforeseen circumstances, the Correctional Rehabilitation Unit is experiencing staffing shortages that may delay communication and frequency of contact with your institution counselor. Staff are doing the best they can to prioritize emergent needs, intake appointments, and routine check-ins. Your continued patience is appreciated during this challenging time.

/s/ C. Lenex, Correctional Rehabilitation Manager

## Special Visit Requests:

Special visit requests shall be made in writing from the AIC to the Correctional Rehabilitation Manager and received at least 30 days prior to the date of the requested special visit for consideration. Friends and family are allowed to visit both morning and afternoon sessions Monday through Friday. Approval will be required for consideration on weekends and holidays and will be determined by frequency of visits and distance traveled. All visiting applications must be processed by Visiting Services so please help in planning accordingly.

/s/ C. Lenex, Correctional Rehabilitation Manager

## Early Incentive Level Requests:

Effectively immediately, all early incentive level requests will be placed in the Assignment Office box on the Control Floor



/s/ C. Lenex, Correctional Rehabilitation Manager

# JOB ANNOUNCEMENTS

## Physical Plant Preventative Maintenance Shop

The Physical Plant Preventative Maintenance Shop has an exciting opportunity to fill two openings. The qualifying candidates will have no STM, clear conduct for at least one year, and a background with commercial kitchen repair/maintenance. Candidates will need to be able to carry and move heavy equipment, be able to carry heavy items upstairs, and be in good overall physical health. This position is currently on a Monday through Thursday four ten-hour shifts with weekends off. There will be times that after hours work will be required.

If you are ready to work with an outstanding team that keeps this place together, send your fully completed AIC application, resume, and cover letter to S. Rains, Interim Preventative Maintenance Shop Supervisor.

/s/ S. Rains, Physical Plant



## Physical Plant Electronics shop

The Electronics shop is accepting applications for AIC's interested in a career as a low voltage electrician. This position will give someone an

opportunity to go through an apprenticeship program, learn a trade and earn a LEB Electrical license. The desired candidate will embody this list of personal traits and meet the following criteria.

- Self-motivated with a desire to learn new skills and perfect their Trade.
- Willingness to take and **follow directions**, constructive criticism, work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.
- Stay Drug and Alcohol free during your time here.
- Have at least 1-year clean conduct. Have a minimum of 5 years left on sentence.
- Have High school diploma/GED and ability to pass math test.
- Ability to work in confined spaces and lift at least 75 pounds.

All applicants are required to have close to five years left on their sentence or more, must have a year of clear conduct with a level 3 NCI. Must have desire to be able to be a productive member of society when released. High school diploma or GED.

Send applications with Resume and cover letter to Palmer/ Schaeffer Physical plant Electronics shop. Good Luck!

/s/ S. Palmer and S. Schaeffer, Physical Plant

## RELIGIOUS SERVICES

### Art of Living Workshop

Have you ever observed your own thoughts? Do they seem to either be about the past or the future, either about regret or planning? You can put an end to those thoughts right now, and live totally free, in the moment! Such is the power of your own breath. Just do it! If you'd like to sign up, please send an AIC Communication to the Chapel requesting to be added to the Art of Living workshop.

When: September 16<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>

Where: Chapel Library

Time: 7:30 am to 10:00 am

/s/ D. Einbender, Art of Living Volunteer

### Becoming the Person God Destined You To Be!

A Bible Study with John Leon, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday mornings from 8:00 am to 9:30 am.

The Bible study emphasizes the "know-how" by teaching how one can experience spiritual transformation. If you are interested, send kyes to OSP Chapel re: "The Person God Destined You to Be"

/s/ J.Leon, Religious Volunteer

### William Smith Memorial Service

We will be holding a memorial service for William Smith "Wild Bill" on September 18, 2024 from 1:00pm to 3:00pm.

If you would like to attend the service, send a kytic to the chapel by 9/13/24.

/s/ I.Witcraft, Chaplain

## Weekly Chapel Schedule

### Saturday, August 7:

8:00 am	LDS
	Sweat Lodge
	Jehovah's Witness
1:00 pm	Jewish Service
	Seventh Day Adventist
6:00 pm	Calvary Chapel
	Siddha Yoga (2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays)

### Sunday, September 8:

8:00 am	Spanish Protestant
	Spanish Jehovah's Witness
1:00 pm:	Catholic
6:00 pm	Lutheran (1 <sup>st</sup> , 3 <sup>rd</sup> , and 5 <sup>th</sup> Sunday)

### Monday, September 9:

1:00 pm	Hispanic Catholic service
6:00 pm	Pentecostal service

### Tuesday, September 10:

1:00 pm	Agape
	Orthodox Christianity (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)
	Art of Living (Meditate) (2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays)
6:00 pm	Buddhist (1 <sup>st</sup> and 3 <sup>rd</sup> Tuesdays)

### Wednesday, September 11:

1:00 pm	Justice issues
1:00 pm	Native drumming
6:00 pm	Most Excellent way chapel

### Thursday, September 12:

12:30 pm	Biblical Hebrew class
1:00 pm	TUMI
6:00 pm	Gospel service

**Friday, September 13:**

1:00 pm      Nation of Islam  
1:00 pm      Sunni Jumma prayer  
6:00 pm      Anger and the Bible (2<sup>nd</sup> and 4<sup>th</sup>)

**Point to Ponder**

"THE WINDSHIELD IS BIGGER  
THAN THE REARVIEW  
MIRROR FOR A REASON"

*-Jelly Roll*

# Food Survey Results 2024

Here are the results of the AIC Foodservice Survey that was done earlier this year. Survey responses were compiled from all institutions and the top answers are listed below. We received some good suggestions for future menus. Please keep in mind that some of your suggestions may not work with our budget. Thanks to everyone who submitted a survey!

## Favorite Main Dish Items:

1. Chicken Quarters
2. Enchilada Casserole
3. Pizza
4. Nachos
5. Hamburger

*We will make sure to keep these items on the menu.*

## Favorite Breakfast Items:

1. Fried/Scrambled Eggs
2. Hobo Breakfast
3. Sausage Gravy
4. Veggie Scramble
5. Pancakes

*We will make sure to keep these items on the menu.*

## How many calories are needed in a day?

1. 2000
2. 3000
3. 2500

*The average adult male needs 2500 calories per day. The average adult female needs 1950 calories per day.*

## Items to remove from the menu:

1. Tuna or Fish (all)
2. Chicken Salad Sandwich
3. Pancakes
4. Waffles
5. Shepherd's Pie

*Some of these items could be removed or we can reduce how often they are served.*

## Items to add to the menu:

1. Corn Dogs
2. Lasagna
3. Steak
4. Chicken Strips
5. Pepperoni

*We may be able to purchase some of these items or create new recipes.*

## Suggestions to Improve Meal Service:

1. Larger portions
2. Clean the trays better
3. Cook food completely (especially beans & potatoes)
4. Use more seasoning
5. More protein
6. Serve hot food hot
7. Better training for staff & cooks
8. Buy better quality food
9. More variety fresh fruit
10. (tie) Don't overcook the vegetables. Better accuracy & consistency with portions/scoops.

*These suggestions have been shared with the Food Service Management team at each institution.*



## Your Health: How the Electronic Health Record (EHR) System Helps Keep Track

This month, we want to talk about how the EHR will help you and Health Services keep track of your health.

**Being Involved in Your Own Care:** It's important to be a part of your own healthcare. This means paying attention to your health, asking questions, and understanding your treatment. Getting involved in your healthcare can make you feel more in control and confident. It can also help lower your anxiety and stress because you'll understand your health better and know what you can do to improve it. When you know what's going on with your health, you can make smarter choices about your treatments, medications, and any changes you need to make in your lifestyle.

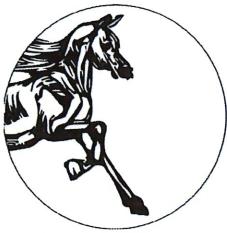
**Tracking Health Progress and Trends:** When we start using the new EHR system to keep track of your health, the digital records that replaced the old paper files will help us share information quickly with your healthcare providers. This way, your health info is always up-to-date and easy to access.

**Connecting with Community Providers:** Our EHR system will help us connect and share data with any community healthcare providers you may have, especially upon your release. This means if you need care from a doctor outside, they can also get your health information quickly.

**Population Health:** The new EHR will help us to continue to look at the health of everyone as a group. This helps us see patterns in diseases and health risks. By tracking these patterns, we can better understand and help improve the overall health of everyone in the facility.

**Customized Data Collection:** Our EHR system will be set up to collect data in a way that makes it easy to analyze and to run important reports on specific health information. This will also help us continue to get everyone the care they need.

***Health Services will continue to update you about the EHR Project!***



# jelly roll on the yard

LIFE EXPERIENCE WOVEN INTO ART

## SELF-REFLECTION

Live performance stirs the imagination, it connects body and soul viscerally. Through self-reflection and testimony, we are able to hold these temporal memories and write them into our personal history. On wider level, sharing a cultural experience ties a community more tightly. We hear separately — we hear together. When we start to weave together those experiences, we see differently. The PonyXpress online journal will publish responses to the concert on the yard. We ask that folks adhere to the submission guidelines and submit a piece of writing by SEPTEMBER 15, 2024 TO LAKOTA. The writing prompts are intended to get you thinking.

## WRITING PROMPTS

- We have included lyrics from the 2020 song “Creature” to warm you up. As you read these lyrics, think about the use of Creature as the life force inside, rather than the monster outside a window. Would you draw distinctions between a creature and a monster?
- How do you about think the song’s conclusion: *The monster that’s outside my window / He’s like family to me now / The things that people are afraid of / Never let me down*

## FROM THE PERFORMANCE

- Personal biography plays a large roll in the music. As you listen, what phrases stick with you? Is there a melody that you find yourself carrying in your head as the days pass?
- What did you notice on the yard as the music played? How did you feel? Did the performance spark memories?

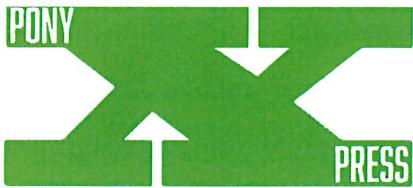
### FROM “A BEAUTIFUL DISASTER” 2020

#### CREATURE BY JELLY ROLL

SONGWRITERS: AARON YATES / CASEY JARVIS / CHRISTOPHER FULTON  
JASON DEFORD / MICHAEL SUMMERS / SAMUEL WATSON

There's a monster under my bed  
And at my window there's a dragon  
I accepted the challenge  
It turned me into a savage  
I broke a promise to myself again  
I don't know why I am so vulnerable  
They try to help but I won't let them in  
I guess rock bottom's where I'm comfortable  
Both my feet planted when most people would've panicked  
I embraced the storm, I found beauty in what was damaged  
I'm not afraid of the boogieman  
Instead, I look at him like he's a friend  
There's not a monster out there in the world  
That's scarier than the one that's within  
There's a creature in my closet  
I can hear him rumblin' 'round  
The demons screamin' in the distance  
Creates such a humblin' sound  
The monster that's outside my window  
He's like family to me now  
The things that people are afraid of  
Never let me down  
Not a sadist, no  
But I'm hated so  
While religious freaks say I'm the biggest beast  
And that I've made it grow  
When I spray this flow  
I created more  
Creatures unlike when I heated the mic  
I'm a breed of the night but I'm tainted though  
By the darkness, I'm binded  
I sparked it and shined it  
They find it 'cause mine is whoa  
For that, they labeled me a demon seed  
Want to disable N9na, see him bleed  
Hinder me fatally and see them greed, no-oh (chow)  
You would not believe the creature inside me  
If you deceive Khalifahs are lively

We disagree when people defy me  
Or tryna take his  
Whatever the fuckery taught him, you don't wanna break this  
You forsake his  
What is sacred?  
Then it's over, no matter what your faith is  
I'm a creature  
There's a creature in my closet  
I can hear him rumblin' 'round  
The demons screamin' in the distance  
Creates such a humblin' sound  
The monster that's outside my window  
He's like family to me now  
The things that people are afraid of  
Never let me down  
Yeah, I managed to get myself in trouble, all of this pain  
Yeah, I'm down and the double-dosin', liquor's always to blame  
If I could keep myself sober, I'd keep my hands to myself  
I take a shot and it's over, that's how I end up in Hell (I do)  
I hope I don't pass it down to my offspring (yeah)  
They get everything from their daddy, feel like I'm addicted to all things (yeah)  
Yeah, there's no reason to change, gone too far now  
And I'm stuck in my ways, back at the bar now  
They said I'm a flirt and they right (yeah), I ain't perfect, aight? (Yeah)  
So when I'm thirsty and perkin' and purposely searchin' for somethin'  
It's hurtin' me so  
I just get back up and go, I just back out of a show  
That's how it go, I knock the back out a ho  
And next night act I don't know (Okay)  
I think they be laughin' at me, hands be grabbin' at me  
Feel like God let it happen to me  
That'd be blasphemy  
And at least it be happenin' naturally (Okay, yeah)  
I think I better let it go (Yeah)  
Either that or I gotta let her know  
And I can't do that  
There's a creature in my closet  
I can hear him rumblin' 'round  
The demons screamin' in the distance  
Creates such a humblin' sound  
The monster that's outside my window  
He's like family to me now  
The things that people are afraid of  
Never let me down



## SUBMISSION GUIDELINES

### OSP EDITORIAL VISION STATEMENT

We hope to give voice to the many writers in the Oregon Department of Corrections system and highlight the collective human, social, and artistic capital that exists inside of prisons.

We wish to relate our shared life experiences to our readers. We offer our mistakes so that they can learn from them. It is our sincere hope that readers recognize the opportunity that exists in their lives to be productive and avoid jails and prisons.

### SPECIAL SECTION: PUBLISHING IN OCTOBER 2024

#### JELLY ROLL PERFORMANCE SELF-REFLECTION

The PonyXpress will publish a selection of responses and reflections from folks at OSP who attend the yard show, as an opportunity to share with him and his band the appreciation and import of bringing live performance inside. Please consider taking some time to write and submit a response to either the writing prompts from song lyrics, or a personal reflection on the performance. Please adhere to the submission guidelines below.

#### CONTENT

All content will be reviewed by ODOC staff and approved before it is sent to Bridgeworks Oregon and reviewed by the editorial board at Oregon State Penitentiary in order to streamline publication. Please respect the process.

1/ We cannot accept writing that denigrates the Oregon Department of Corrections, staff, fellow prisoners.

(This is not the place to air beefs.)

2/ We cannot accept writing that glorifies street culture, drug usage, or contains explicit sexual content.

(Rule of thumb: Would you want your kids to read this?)

3/ If you reference another person, please no last names.

#### SUBMISSION LENGTH

Response 500 words (approx 1 page)

Poem (300 words maximum)

Typed or neat handwriting please on 8.5 x11-inch paper.

#### BIOGRAPHICAL INFORMATION

We cannot accept anonymous submissions. We publish a short two-line biography. If you prefer to use pen name or initial, please indicate on submission form. Edovo's policy requires we identify your writing by initials rather than use your full name.

#### EDITING PROCESS

If we accept your piece, we may make edits to ensure that the writing is engaging and clear. At this time, we do not have the ability to have an editor work with a writer. All submissions will receive a written response from an OSP reader. If we pass on a particular piece, please continue to submit!

#### SPONSORS & SUPPORT

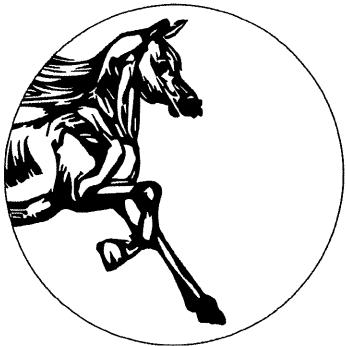
**PonyXpress is sponsored by Lakota Oyate Ki Culture Club at Oregon State Penitentiary.**

*I. The Mission Statement of the Lakota Oyate Ki Cultural Club is to reach out to outside communities, provide a mutually supportive and positive learning environment in which every individual member has the opportunity to learn and involve themselves in Native American Indigenous Spirituality, tradition and culture.*

*II. The Mission Statement of the Lakota Oyate Ki Cultural Club also allows its membership a means to address their needs and concerns to the prison Administration and/or a legal advisor so as to preserve and protect the sanctity of the Native American Culture and the above mission statement of the Lakota Oyate Ki Cultural Club.*

**Oregon Arts Commission, Oregon Community Foundation, Spirit Mountain Community Fund, and Oregon Humanities have all provided generous support to the PonyXpress.**





## PONYXPRESS & EDOVO PERMISSION FORM

**ATTACH THIS FORM TO YOUR SUBMISSION & DELIVER TO LAKOTA OYATE-KI**

NAME \_\_\_\_\_ SID # \_\_\_\_\_

INSTITUTION \_\_\_\_\_

PUBLISHED NAME (ALL EDOVO SUBMISSIONS ARE INITIAL ONLY) \_\_\_\_\_

TITLE \_\_\_\_\_

### **BIOGRAPHICAL INFORMATION**

Write a biography that includes something about yourself.

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### **PERMISSION TO PUBLISH & ACKNOWLEDGMENT**

In order for **PonyXpress** to publish your work, we require you to send us the following permission and acknowledgment:

I hereby grant **PonyXpress** a non-exclusive, irrevocable, royalty-free license to edit, publish, reproduce, distribute, transmit, sub-license (including Edovo, the free educational platform on prison tablets), and archive in all forms and media worldwide any work that I submit to **PonyXpress**. I still own my work and can re-publish or share my work with others in any way I choose, but I will not use the **PonyXpress** logo.

I also hereby acknowledge that **PonyXpress** has the sole right (at its own discretion) to decide whether to publish my work and make any revisions to it. It is my responsibility to ensure that the content I provide is accurate, original, and legally compliant. I recognize and accept that the submission and publication of my work may have consequences regarding my conditions of incarceration or in other ways and that **PonyXpress** will be unable to provide legal or other assistance.

NAME \_\_\_\_\_ SID # \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

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### **SUBMISSION RECEIVED & REVIEWED BY**

NAME \_\_\_\_\_ TITLE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

# 1. tell your people ...

[WWW.THEPONYXPRESS.ORG](http://WWW.THEPONYXPRESS.ORG)

**SUBSCRIBE FOR FREE**

**SPREAD THE WORD TO BUILD OUR AUDIENCE**

**UPGRADE PAID SUBSCRIPTIONS FUND THE PROGRAM**

# 3. submit!

## **JELLY ROLL RESPONSE**

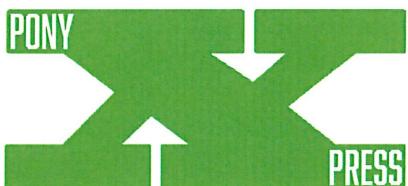
Get those pieces in for Issue 4. We have space in August and September for your writing. Send your work to Lakota by SEPTEMBER 15, 2024

# 2. find us on tablets ...



**AN OSP DEBUT! LUTHER'S BOOTS NEW RECORD AS A LESSON**

**NEW RESOURCE PONYXPRESS BEST OF ISSUE 2**



## **SEPTEMBER OSP NEWSLETTER**

You are receiving this newsletter  
because you have attended a Bridgeworks Oregon workshop

## **PLEASE DELIVER TO:**

**BRIDGEWORKS OREGON** connects communities by creating art & musical experiences in prison and broadcasts the resulting work outside prison walls. The PonyXpress Project networks writers in prison through workshops across the state and a platform to publish their work and it receives generous support from Oregon Community Foundation, Spirit Mountain Community Fund, Oregon Humanities, & Oregon Arts Commission. [www.bridgeworksoregon.org](http://www.bridgeworksoregon.org)

Mainline		Week at a Glance							
		Monday 9/9/2024	Tuesday 9/10/2024	Wednesday 9/11/2024	Thursday 9/12/2024	Friday 9/13/2024	Saturday 9/14/2024	Sunday 9/15/2024	
BREAKFAST									
Week 5	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Hard Boiled Egg (Sfa,Chl) - 1.00 EA Pancakes (Sod,Chl) - 3.00 EA Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Sliced Cheese (Sfa,Chl) - 1.00 SLC English Muffin (Sfa,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Beef Hash (Sod,Chl) - 1.00 CP Ketchup - 1.00 TBS Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Waffles (Sod) - 2.00 EA Peanut Butter (Sfa) - 3.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Fairina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP *Ham & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP *Poultry Sausage (Chl) - 1.00 EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sfa,Chl) - 1.00 EA Breakfast Pastry (Sfa,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA		
Week 5	LUNCH								
Week 5	Coleslaw (Sod) - 0.75 CP Hot Dog (Sod,Chl) - 2.00 EA Wheat Hoagie Roll - 1.00 EA Ketchup - 1.00 TBS Mustard - 1.00 TBS Peas - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing (Sfa,Sod) - 2.00 FLOZ Carrots - 0.75 CP Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ Tuna Salad (Chl) - 0.50 CP Shredded Lettuce - 0.25 CP Wheat Hoagie Roll - 1.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Corn Chowder (Sod) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl,Sfa) - 1.00 EA Mayonnaise - 1.00 TBS Green Beans - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Meat & Cheese Sandwich on Wheat (Sod,Chl,Sfa) - 1.00 EA Sliced Onions - 2.00 TBS Shredded Lettuce - 0.25 CP Mayo & Mustard (Sod) - 2.00 TBS Cauliflower - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Nacho Meat (Chl,Sfa) - 0.50 CP Refined Beans - 0.50 CP Cheese Sauce (Sfa) - 2.00 FLOZ Lettuce Salad - 1.00 EA Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Patty (Chl,Sfa) - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	
Week 5	DINNER								
Week 5	Lettuce Salad - 1.00 CP Spicy Rice Casserole (Sod,Chl,Sfa) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Sloppy Joe (Sod,Chl,Sfa) - 0.75 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Broccoli - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup - 1.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Sod,Chl,Sfa) - 1.00 SV Seasoned Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Casserole (Sod,Chl) - 1.25 CP Blended Vegetables - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Creole Chicken (Chl) - 1.00 EA Brown Rice Pilaf - 0.75 CP Carrots - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Loco Moco Patty (Chl,Sfa) - 1.00 EA Fried Egg (Sfa,Chl) - 1.00 EA Blended Vegetables - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ		

Menu subject to change without notice. Meat-Alternative-Trays available at lunch &amp; dinner only.

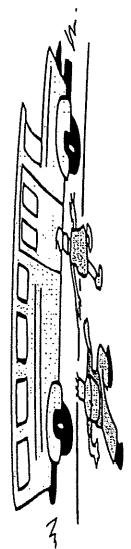
\*Contains or may contain pork.

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

# September 2024

# Back to School

SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			
1 AM	C/D/E D	2 AM	E/C/D C/E	3 AM	D/E/C MAINLINE SHOWERS	4 AM	C/D/E C/E	5 AM	E/C/D D	6 AM	D/E/C MAINLINE SHOWERS	7 AM	D/E/C MAINLINE SHOWERS	8 AM	C/D/E C/E	9 AM	C/D/E MAINLINE SHOWERS	10 AM	C/D/E MAINLINE SHOWERS		
PM	C/E	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	PM	AM			
EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	D	EVE	D	EVE	C/E	EVE	C/E	D			
LABOR DAY			PRAS			PRAS			PRAS			PRAS			PRAS			PRAS			
8 AM	E/C/D C/E	9 AM	D/E/C D	10 AM	C/D/E MAINLINE SHOWERS	11 AM	E/C/D D	12 AM	D/E/C C/E	13 AM	C/D/E MAINLINE SHOWERS	14 AM	C/D/E MAINLINE SHOWERS	15 AM	D/E/C C/E	16 AM	E/C/D C/E	17 AM	E/C/D MAINLINE SHOWERS		
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	C/E	PM	C/E	PM	C/E	C/E			
EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	C/E	EVE	D	EVE	D	EVE	C/E	D			
GRANDPARENTS DAY			PATRIOT DAY			PATRIOT DAY			PATRIOT DAY			PATRIOT DAY			PATRIOT DAY			PATRIOT DAY			
15 AM	D/E/C D	16 AM	C/D/E C/E	17 AM	E/C/D MAINLINE SHOWERS	18 AM	D/E/C C/E	19 AM	C/D/E D	20 AM	E/C/D MAINLINE SHOWERS	21 AM	E/C/D MAINLINE SHOWERS	22 AM	C/D/E C/E	23 AM	E/C/D D	24 AM	E/C/D MAINLINE SHOWERS		
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	C/E											
EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	D	EVE	D	EVE	C/E	EVE	C/E	D			
22 AM	C/D/E C/E	23 AM	E/C/D D	24 AM	D/E/C MAINLINE SHOWERS	25 AM	C/D/E D	26 AM	E/C/D C/E	27 AM	D/E/C MAINLINE SHOWERS	28 AM	D/E/C MAINLINE SHOWERS	29 AM	C/D/E C/E	30 AM	E/C/D C/E	1-Oct AM	E/C/D MAINLINE SHOWERS		
PM	D	PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E	PM	C/E	PM	C/E	PM	C/E	D			
EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	C/E	EVE	D	EVE	C/E	EVE	C/E	C/E			
AUTUMN BEGINS			OCE TGA			OCE TGA			OCE TGA			OCE TGA			OCE TGA			OCE TGA			
29 AM	E/C/D D	30 AM	D/E/C C/E	1-Oct AM	C/D/E MAINLINE SHOWERS	2-Oct AM	C/D/E C/E	3-Oct AM	D/E/C MAINLINE SHOWERS	4-Oct AM	C/D/E MAINLINE SHOWERS	5-Oct AM	E/C/D MAINLINE SHOWERS	6-Oct AM	C/D/E MAINLINE SHOWERS	7-Oct AM	E/C/D MAINLINE SHOWERS	8-Oct AM	E/C/D MAINLINE SHOWERS	9-Oct AM	E/C/D MAINLINE SHOWERS
PM	C/E	PM	D	PM	C/E	PM	D	PM	C/E												
EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	D	EVE	C/E	EVE	C/E	EVE			



Morning Yard - 7:45am to 9:45am  
Afternoon Yard - 1:00pm to 3:30pm  
Evening Yard - 4:30 to Sunset

