

Powder River

Adults in Custody (AIC) Newsletter








May 16th, 2025

Health and
Fitness
Page 2

Flagging Class
Page 4

DOC Menu
Page 14



SAT May 17 th	SUN May 18 th	MON May 19 th	TUE May 20 th	WED May 21 st	THU May 22 nd	FRI May 23 rd
						
H: 84 L: 48	H: 87 L: 46	H: 67 L: 38	H: 60 L: 35	H: 57 L: 35	H: 61 L: 35	H: 64 L: 37
Rain	Partly cloudy	Mostly Sunny	Mostly Sunny	Partly Cloudy	Mostly Sunny	Mostly Sunny

"You have to believe in yourself when no one else does."

—Serena Williams

Health and Fitness

Monday: Upper-body strength training (45 to 60 minutes)

Strength training is a critical part of any weekly workout schedule. Sure, dumbbells and barbells may look overwhelming at times, but strength training can help build lean muscle, increase bone strength, and prevent injury. Try this [upper-body dumbbell workout](#) or incorporate HIIT into your upper body training with this [at-home bodyweight workout](#). When it comes to following an A+ weekly workout plan, remember to [change up your strength routine](#) every three to four weeks to keep seeing results, suggests [Holly Rilinger](#), an AAFA-certified personal trainer and founder of LIFTED.

Tuesday: Lower-body strength training (30 to 60 minutes)

When it comes to lifting, the general rule of thumb is to allow 48 hours of recovery time between working the same muscle group, according to the [Hospital for Special Surgery](#). (When you train, you develop microscopic tears in the muscles that produce inflammation, and your body needs this in-between time to repair the tears.) That said, focus on lower-body strength on "day two" of your weekly workout routine to give upper body muscles a rest.

Wednesday: Yoga or a low-impact activity such as barre, light cycling, or swimming (30 to 60 minutes)

While spacing out your workouts, avoid doing the "same activity on successive days," says Dr. Cardone. "So, if you have a high-impact day, follow that up with a low-impact day." A low-impact workout will ensure you give your muscles time to recover before you hit the heavy weights again. Thursday: HIIT (20 minutes)

Not only do these fast-paced workouts take less time than others, but [HIIT workouts](#) can also provide the same health benefits as endurance activities, according to a [2013 study](#) published in the *Journal of Physiology*. There's even evidence that those who pick up HIIT-style workouts are [more likely to stick to their routine](#) (including a weekly gym workout plan!) because of the variety of movements.

Friday: Total-body strength training (30 to 60 minutes)

End your workweek with total-body strength training. "When it comes to strength training, you should aim to hit all of your major muscle groups like your quads, glutes, hamstrings, chest and upper back, plus core," says Rosante. He encourages a primary focus on [heavier compound lifts](#) (which work tons of muscle groups), such as the deadlift, hip thrust, squat, bench press, and weighted rowing movements — plus, anti-movement exercises for your core. "Think: plank and plank variations as well as exercises like the Paloff press," he says.

Saturday: Steady-state cardio (running or cycling for as long as feels comfortable for you)

HIIT workouts tend to get all of the attention these days for their [many benefits](#), but steady-state cardio is still important for your health. In fact, a [2017 study](#) found that running just two hours a week can significantly extend your lifespan, providing some pretty convincing evidence that running deserves a place in your weekly workout schedule. Ditto for biking — a 2017 study conducted by researchers at the University of Glasgow and published in the *British Medical Journal* suggested biking can help you live longer while reducing your risk of cancer and heart disease by nearly half. (FYI, cyclists involved in the study clocked an average of 30 miles per week.)

Sunday: Rest

Sunday is your much-needed rest day, so don't forget to use it to foam roll and stretch. "Think of fitness as a lifelong experience," says Rilinger. "When you're younger, you feel invincible and ignore the warning signs. Giving your body the time it needs to recover means you can stay in the game longer."

FLAGGING CLASS

DATE EXTENDED TO WEDNESDAY, MAY 21ST 2025

THERE ARE 10-20 SPOTS AVAILABLE TRANSITION SERVICES CAN NO LONGER PAY FOR THIS CLASS

CLASS IS \$80.00 IF WE HAVE 11 OR MORE AICs AND \$100.00 IF WE HAVE LESS THAN 11 AICs

NOTE: CERTIFICATION LAST FOR 3 YEARS.

Upon completion, you will be certified for road-working and flagging jobs in Oregon, Washington, Idaho, and Montana.

Wages in this job industry are climbing, as is the demand for certified workers within this field, so this is a great opportunity for anyone interested in a hands-on career, working outdoors and with the community.

Also, most flagging companies are felon friendly!

The Class will run approximately four hours, at the end of which will be an open-book exam. The class is offered 2-3 times per year.

Must be one year or less to release to take the class.

To sign up – send a kite and CD-28 to Ms. Suing at PRCF. If you have any further questions, please kite Ms. Suing, Transition Coordinator.

All Kites must be turned in by Monday May 17th.

NOTICE:

Currently, BTI is NOT scheduled for classes at PRCF.

At the time a contract is secured and BTI schedules a time to conduct classes at Powder River, AICs will be notified and provided the opportunity to apply.

Until then, please DO NOT inquire about dates/times for BTI classes from staff.

Thank you!

PRAS STEP INCREASE INFORMATION

5/6/2025

- A little recap: the PRAS Revision work includes eligibility for work performance reviews and PRAS step increases at set intervals for most assignments. The intervals are of a minimum of 90 calendar days.
- **What do you need to do?**
 - Please make sure to calculate 90 calendar days from the date of assignment of your CURRENT position.
 - It is important to remember that AICs are responsible for tracking their own time in assignment at each step and initiate the request for increase.
 - With that information, if you qualify for a step increase, please contact your supervisor for a performance evaluation review and request for a step increase.
- **Additional important information**
 - Your supervisor will confirm whether the AIC has completed 90 calendar days in their current position. If they have, they will initiate a performance evaluation.
 - If your performance evaluation is satisfactory, your supervisor will request a step increase for you.
 - If your performance evaluation is not satisfactory:
 - Your supervisor may choose not to request your step increase at this time or
 - Your supervisor may request a reduction of the step instead.
 - PRAS step increases are not automatic nor retroactive (backdated); they are discretionary based on time in assignment and performance.
 - Each unit has a list of steps for each position.
 - Do not request the step increase directly to IWP Coordinator. The request must be through your supervisor.

PRCF AIP TRANSFERS -

2024 the decision was made to ensure all Adults in Custody (AIC) participating in the Alternative Incarceration Program (AIP) are transferred to correctional facilities closer to their county of record prior to the beginning of the non-prison leave (NPL). The goal of this change was to ensure individuals releasing from the Oregon Department of Corrections (ODOC) can return to their communities and report for supervision in the most timely, safe, reliable, and efficient manner possible.

Earlier this year, conversations began addressing concerns related to AICs not being able to take advantage of the full AIP program due to transferring out up to two weeks prior to their program completion and beginning of their NPL. The concerns were viable, and the department wants to ensure AICs can take full advantage of the services AIP provides. To ensure an AIC can complete the program prior to transferring to a closer facility for release onto NPL, the decision was made to extend the time between the institution program completion date and the date the NPL begins. Reentry and Release personnel, specifically release counselors, will set NPL start dates 14 days after the program completion date. If the NPL start date falls on a weekend or holiday, the NPL start date will be set to the last business day prior to the weekend or holiday.

If you have questions related to this process change, please contact your treatment team.

IWP Position

NEW HOPE – POWDER PALS PROGRAM

Interested AICs are welcome to apply

New Hope for Eastern Oregon Animals (New Hope – Powder Pals) partnered with the Powder River Correctional Facility, Oregon Department of Corrections, since early 2011. A key focus of this work has been the ability to provide meaningful work for inmates in training homeless dogs. More specifically, the program assists homeless dogs lacking obedience skills and behavioral issues that limit the animal's ability to be re-homed successfully. New Hope for Eastern Oregon Animals is a Private Non-Profit whose purpose is to improve the lives of animals through kindness, understanding and respect. Their purpose is to rescue and rehabilitate animals in Eastern Oregon, increase awareness of animal well-being through education, and encourage a caring and safe environment for animals.

Work duties will include are but not limited to the following:

- Always follow the training program. Failure to follow the program will result in immediate removal from the program and may result in disciplinary action.
- Conduct or assist with scheduled training sessions.
- Conduct or assist with socialization of the animals.
- Follow the schedule of activities for the animals.
- Exercise animals daily.
- Keep a daily log of the animal's progress in the program.
- Feeding and watering following recommended daily amounts.
- Remove solid waste from kennel areas (inside and outside), and any other area as needed using approved Personal Protective Equipment (PPE).
- Clean kennel area (inside and outside) using appropriate chemicals and PPE.
- Must be willing to work in a variety of weather conditions.

Qualifications for opportunity to apply:

1. In compliance with DOC Case Plan
2. No major misconduct reports within the last 6 months
3. Minimum of 6-8 months remaining on sentence
4. No history of animal neglect or abuse
5. Willingness to work as a team, open to new training ideas, willingness to make a difference to an animal.
6. Be motivated for change and have a good attitude.
7. Must be able to lift 50 lbs.

IF YOU ARE INTERESTED, PLEASE SEND AN APPLICATION FORM TO MS. PIMENTEL, IWP COORDINATOR



May 2025

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 Turn in CD-28s for tickets by 9pm	6	7	8 PRAS Payday Feed forms due for cinnamon rolls	9 Coffee, Photo & Activity Tickets A&O CLASS	10
11 Mother's Day	12 Turn in CD-28s for tickets by 9pm	13	14	15	16 Coffee, Photo & Activity Tickets Delivery A&O CLASS	17
18	19 Turn in CD-28s for tickets by 9pm	20	21 Coffee, Photo & Activity Tickets Delivery	22 Cinnamon rolls to be delivered to units	23 A&O Class	24
25	26 Turn in CD-28s for tickets by 9pm Memorial Day	27	28	29	30 Coffee, Photo & Activity Tickets Delivery	31



PRCF is now taking applications for **ARTISTS** who are interested in creating and painting various canvas pieces and/or projects throughout the institution. The size and nature of the project or canvas

will vary depending on the day. There may be additional visual arts projects available in the future.

If you are interested, please send a work application with samples of your work and/or portfolio. Please add a narrative about your interest and experience.

You will be selected based on your proven experience as an artist, Airbrush a Plus, two years of painting experience preferred, clear conduct, good behavior, incentive level 3, and be able to work independently.

PRAS Points start at 10 pts.

Please send your information to Ms. Bronnenberg ASAP.





Prison Rape Elimination Act (PREA Information)

The Oregon Department of Corrections (ODOC) has a zero-tolerance policy for sexual abuse, sexual harassment and for retaliation for reporting an incident. You may report in person to any staff, through an AIC communication, through the grievance system, by calling the PREA hotline by making a language selection, then dialing 91 from any AIC phone.

Filing an Anonymous PREA Report

If you are uneasy about filing a PREA allegation, you may file an anonymous report with an outside agency. You may write to: Governor's Constituent Services Office 900 Court Street NE, Suite 254 Salem, Oregon 97301

Please indicate in the beginning of your letter you are filing a PREA allegation, and you are requesting to remain anonymous. The Governor's Office will refer all anonymous allegations to the DOC PREA Coordinator to assure an investigation is completed based off the information that is provided.

Opposite Gender Viewing/Announcements

Opposite gender staff announcement themselves when entering a housing unit by ringing a bell. This must be done any time the status quo of the gender supervision on a housing unit changes (if there is already an opposite gender staff on the unit then there is not needed to re-announce). When you hear the doorbell, opposite gender staff will be entering the housing unit so please make sure you are covered up appropriately.

It is also important you undress in the appropriate locations. If you are in a bunk area, there are cameras throughout the facility so the designated changing/bathroom areas are the only areas you should be without undergarments. Opposite gender viewing may happen incidentally when staff are conducting routine cell checks. You can minimize this by keeping aware of the gender of supervision in your housing unit and ensuring you cover up when possible.

Community-Based PREA Advocacy (Support) Program

ODOC has partnered with community based, confidential advocates of sexual abuse victims to provide services to AICs. AICs at ODOC who have experienced sexual abuse may reach a community-based advocate by making a language selection, entering your AIC PIN, then press 0*711 AIC telephone systems, or may request a private call through the PREA Compliance Manager at the facility.

Advocates provide victims of sexual abuse information about their options, resources, information, and emotional support. There is no charge for calls to advocates.

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and should not be used for other purposes.

Telephone calls and mail with community-based advocacy centers is considered privileged communication and will be handled like legal calls/official mail. All advocacy calls are not monitored or recorded.

Advocates provide confidential support and crisis intervention, inform you about the investigation and medical examination process, educate you about healing from sexual abuse and offer resources and referrals.

Advocates will not tell you what to do, communicate with the institution unless you request them to do so and sign a release and will not provide legal advice.

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report unless you request them to do so and if you sign a release of information.

Just Detention International Headquarters is a national advocacy resource and can be reached at:
3325 Wilshire Blvd., Suite 340

Los Angeles, CA 90010

If you have any other questions regarding PREA, you may ask any staff member, write the PREA Compliance Manager at your institution, or you may write:

State of Oregon Department of Corrections Commissary	
DATE:	TUESDAY, APRIL 08, 2025
TO:	Adults in Custody
FROM:	Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT:	Commissary News, Updates and Reminders
	
News:	
Due to year-end inventory, sales of the following pre-sale items will be suspended from May 5 th close of business - June 30 th , 2025.	
Incentive form	
Incentive Order Form	
Please use my Protected Funds for this order	
Please allow up to 6 weeks for delivery as we do not call an inventory of items.	
Signature Required	
Your order was processed	
SID:	Shoe Order#
Date:	Incentive Order#
Name	TV Order#
Institution	
Last	
Block-Unit	
First	
Cell-Bunk	
<u>Any orders submitted for suspended items during this period will be cancelled. Normal sales of these items will resume beginning June 30, 2025.</u>	

Ericka Sage PREA Coordinator Oregon Department of Corrections 3723 Fairview Industrial Drive, SE
Salem, OR 97302



State of Oregon
Department of Corrections Commissary

DATE: *THURSDAY, MAY 01, 2025*
TO: Adults in Custody
FROM: Dustin Hoffman, Distribution Services Statewide Operations Manager
SUBJECT: Commissary News, Updates and Reminders

News:

The box for the Treva 5" Fan \$12.56 sold on commissary states that a power cord comes with the fan. The ISM's approved the sale of the fan if the cord was removed due to security issues. We do apologize. We have found a vendor that provides an acceptable power cord that is within security's specifications. This is the Clear Fan Adapter Cord that sells for \$10.25 on the commissary form. The fan is also battery powered therefore no power cord needed.

Thank you for your understanding and for always supporting your commissary operations. As we work daily to bring you new items and to keep the AIC welfare fund running.

Date: April 4, 2025
To: All Adults in Custody
From: DOC Health Services
Division

Beginning May 1st, aspirin will no longer be offered at Medline. For those patients who are suffering from mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, backaches and other associated symptoms, ibuprofen and acetaminophen are available at the housing unit. In addition to calcium carbonate (Tums®) for acid indigestion, heartburn and upset stomach, these products are available for self-use. If your health care needs are of a greater need, please see your medical provider



Financial Services

Informational Briefing



Adult in Custody (AIC) Trust Accounts

General Spending Account

- Primary spending account for AICs
- Eligible deposits are received into this account
 - *Examples: Deposits received from friends/family, and PRAS*
- AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account
- Funds in this account are not protected from debt/obligation collection or garnishment

Protected Spending Reserve Account

- This is a spending account established for AICs who receive protected money
 - *Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards*
- AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account
- Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment

Transitional Savings Account

- Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody
- 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500
- AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, *available electronically and in paper*) up to \$500
- AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied
- Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account

General Savings Account

- Established as a means for AICs to save funds outside of the Transitional Savings Trust Account
- AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, *available electronically and in paper*)
- Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158
- Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment

Obligated Reserve Accounts

- Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria
- AICs may receive deposits directly to one of these accounts from an external source
- AICs must be approved to place funds into an Obligated Reserve Account
- Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.



Mainline		Week at a Glance					
Mon 5/12,6/16,7/21,8/25,9/29		Tues 5/13,6/17,7/22,8/26,9/30	Wed 5/14,6/18,7/23,8/27,10/1	Thur 5/15,6/19,7/24,8/28,10/2	Fri 5/16,6/20,4/25,8/29,10/3	Sat 5/17,6/21,7/26,8/30,10/4	Sun 5/18,6/22,7/27,8/31,10/5
BREAKFAST							
Week 5	Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Chl) - 3.00 EA Peanut Butter (Sfa) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa,Chl) - 0.33 CP Shredded Cheese (Sfa,Chl) - 2.00 TBS Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg (Sfa,Chl) - 1.00 EA Wheat Toast - 2.00 SLC Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 EA French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Farina - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Chl,Sfa) - 0.75 CP Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 2.00 TBS 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 - .50 oz	Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Chl) - 0.33 CP Turkey Bacon (Chl) - 3 SL Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly (Sug) - 2.00 TBS Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar - .50 oz
LUNCH							
Week 5	Coleslaw (Sod) - 0.75 CP Mac Wrap (Chl,Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Shredded Lettuce - 0.25 CP Mac Sauce Dressing (Sod) - 1.00 FLOZ Corn - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	*Soup of the Day - 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 Drink - 8.00 FLOZ	Potato Soup - 10.00 FLOZ *Chicken-Bacon-Ranch Salad (Chl,Sfa) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Chl) - 2.00 TBS Salad Dressing - 1.00 FLOZ Carrots - 0.75 CP Breadstick - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Broccoli Cheese Soup (Sfa,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 Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ *Turkey & 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 Drink - 8.00 FLOZ	Nacho Meat (Chl,Sfa) - 0.50 CP Refried Beans - 0.50 CP Cheese Sauce (Sfa) - 2.00 FLOZ Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Tortilla Chips - 2.00 OZ Corn - 0.75 CP Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork Loin (Chl,Sfa) - 3.00 OZCKD Scalloped Potatoes (Sod) - 0.75 CP Broccoli - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sfa) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Drink - 8.00 FLOZ
DINNER							
Week 5	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ 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 Philly Beef (Sod,Chl) - 3.00 OZCKD Cheese Sauce (Sfa) - 2.00 FLOZ Onions & Bell Peppers - 0.50 CP Wheat Hoagie Roll - 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 Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Veggie Pizza (Sod,Chl,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sfa,Chl,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheeseburger (Chl,Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Wheat Burger Bun (Sfa,Chl) - 1.00 EA Carrots - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Fruit Crisp (Sfa,Sug) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (1 CP) (Chl,Sfa) - 1.00 CP Spaghetti (Sod) - 1.00 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 CP Brown Rice Pilaf - 0.75 CP Peas - 0.75 CP French Bread - 1.00 SLC Margarine (Sfa) - 1.00 TBS Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ



Releasing from prison soon? Worried about employment barriers due to your criminal background? We would love to help you.

You must be 6 months to Release to attend the class.

Send a Kyte to Ms. Suing if interested ASAP

Come to our class this May 22nd 9:30-10:30am here at PRCF.

Or contact our office for an application and write us at:

Opportunity Oregon
1045 Gateway Loop Ste C
Springfield, OR 97477