



ADMINISTRATION

Below is the list of status changes made to DOC administrative rules since 3/6/2026.

PROPOSED RULES:

291-014 Arrest and Transport

- Amends rule to make minor grammatical edits, clarify the rules, change the term "offender" to "AIC", incorporate changes in the department's business terminology, and remove gendered language.
- **Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 5/20/2026.

291-027 Death (AIC)

- Amends rule to permanently adopt the temporary amendments that establish the department's policy and procedures for the department's cooperation with death investigations, including reporting responsibilities and applicable information retention, and for the review of an unexpected death of an adult in custody; and to adopt other updates that change the term "inmate" to "AIC"; make minor grammatical edits; define terms used in rules newly adopted to this division; edit for clarity, conciseness, or consistency with other department rules; update to standard definitions; update policy titles; remove gendered language or use current terminology; and remove requirement to report to ICE.
- **Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 5/20/2026

291-076 Suicide Prevention in Correctional Facilities

- Amends rule to permanently adopt the temporary amendments that establish a new

process for the review of an unexpected death of an adult in custody (AIC), including a death that is suspected to be caused by, related to, or associated with an act of self-harm

- **Comment Period:** Comments must be received by the Rules Office before 12:00PM (noon) on 5/20/2026

TEMPORARY RULES:

291-027 Death (AIC)

- Amends rule to establish the department's policy and procedures for the department's cooperation with death investigations, including reporting responsibilities and applicable information retention, and for the review of an unexpected death of an adult in custody.
- **Effective:** 3/31/2026 through 9/19/2026

291-076 Suicide Prevention in Correctional Facilities

- Amends rule to permanently adopt the temporary amendments that establish a new process for the review of an unexpected death of an adult in custody (AIC), including a death that is suspected to be caused by, related to, or associated with an act of self-harm
- **Effective:** 3/31/2026 through 9/26/2026

PERMANENT RULES:

291-180 Interstate Compact

- Amends rule to incorporate by reference the current official ICAOS rules adopted by the Interstate Commission for Adult Offender Supervision effective April 1, 2026.
- **Effective:** 3/26/2026

/s/ J. Vaughn, Agency Rules Coordinator

GENERAL SERVICES

Magazine and Book Reviews by Mailrooms

Books and magazines that come through ODOC's mailrooms are each reviewed individually to determine if they meet the standards set forth in ODOC's mail rule, which can be found at OAR Chapter 291, Division 131 "MAIL (AIC)".

Under OAR 291-131-0037 8(b), "Vendors that repeatedly send prohibited content to adults in custody after multiple violation notices informing them of mail rule standards may be restricted."

Currently, there are no magazine vendors prohibited based on this criterion. What this means is you can subscribe to any magazine you'd like, but each issue of the magazine will be reviewed as it arrives at the facility. If mailroom staff determine that a specific magazine issue violates the rule, it is marked in the system as "provisionally rejected" with the suspected violation noted for review by the mail rule central administrator. When magazine issues or books are provisionally rejected, they are held at each facility mailroom until the next steps of the review are taken. The central administrator will then either confirm the rejection or will disagree and the magazine issue will not be rejected. This is why a magazine issue may be ok one month, then the next issue rejected the next month.

*There is an appeal process for these magazine issues or books that are provisionally rejected by the mailroom staff and confirmed for rejection by the central administrator. As written in the CD618A "Mail Violation Notice" the appeal is sent to **the Functional Unit Manager at the facility where the violation notice was written**. This is the Superintendent at the facility, who likely has a designee responsible for mail. The Functional Unit Manager has the latitude to review the material and determine if they want to allow a magazine issue or book that violates the rule into *the facility they are responsible for*.*

ODOC recently made changes to the mail rule to help mitigate the smuggling of drugs into facilities. ***The rules regarding pictorial or written content did not change, they are the same.***

Note: Magazines change over time. Every new editor may result in differences in the magazine content. When attempts are made to "find the line" of what's ok and what's not, when boundaries are pushed to find where that line is, eventually the line is crossed. There are some magazines which previously had

content that did not cross the line, but lately they have pushed across the line with what they write or the pictures they print. When that happens, more individual issues of that magazine end up being rejected. People may assume the entire magazine publication is banned when it is not.

As a customer or potential customer of a magazine, you must determine if you want to spend money on magazines that seem to be rejected regularly.

/s/ B. Stephen, Chief of Security

CORRECTIONAL REHABILITATION

Special Visit Requests:

Special visit requests shall be made in writing from the AIC to the **OSP Visiting Desk, Cpl. Yopez**, 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 during the weekdays. 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 Mgr.

JOB ANNOUNCEMENTS

Job Opportunity: Transitions Clerk

Position Announcement: Transition Clerk – Road to Success Unit

The **Road to Success Transitions Unit** is currently accepting applications for the **Transition Clerk** position. This role supports Adults in Custody as they transition from incarceration back into their communities, assisting with programs designed to foster successful reentry.

Position Overview:

The Transition Clerk will provide administrative and program support, including conducting résumé labs, tutoring participants in Road to Success classes, and performing other office duties as assigned. The successful candidate will interact effectively with individuals from diverse backgrounds and contribute to the overall success of the program.

Qualifications:

- Motivated, self-starting individual

- Proficient in Microsoft Word (including mail merge) and Excel, with strong data entry skills
- Strong interpersonal and communication skills
- Ability to manage multiple tasks and work collaboratively
- Training for the position will be provided

Hours & Location:

- Monday – Friday: 7:15 AM – 10:00 AM and 12:00 PM – 3:00 PM
- Worksite: Education Floor

Application Instructions:

Submit a completed application along with a cover letter explaining why you are the ideal candidate for this position. Applications should be sent to **C.**

Syhabout, Transition Coordinator no later than **March 31, 2026**. Please place your application and cover letter in the mailbox labeled “**Box 50.**”

/s/ C. Syhabout, Transition Coordinator

ICH Unit Peer Companion Position Announcement

We believe that inmates who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment. Mental Health Special Housing has one Peer Companion position open on the Intermediate Care Housing (ICH) unit. The Individual selected for this position will report to the ICH unit, yard, and/or treatment lounge for their shifts. We are looking for motivated, responsible individuals who have the willingness to work with both our elderly and special needs population. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest, modeling patience, respectful communication, and the following of all unit and institution rules.

ICH Unit Peer Companions will have specific shifts and are responsible for assisting unit staff, QMHP's and treatment staff in ensuring that identified inmates housed on the ICH are getting their basic and daily needs met, which helps to improve their functioning and improve their overall quality of life while incarcerated.

Duties may also include escorting individuals to appointments, assisting individuals in groups, guiding or accompanying individuals who have difficulty walking or who are resistant to engaging in activities outside of their cells to activities in the day room, treatment lounge, or out for ICH yard time.

Please submit an application kyte to ICH Program Manager if you are interested. Applications will be

accepted until this position is full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year, it is preferred that you have one or more years left on your sentence.

/s/ T. Etzel, ICH BHS Manager

Physical Plant General Maintenance Shop

The Physical Plant General Maintenance Shop is seeking a qualified individual with hands-on experience using tools. The ideal candidate must be able to work effectively as part of a team, successfully pass urinalysis screenings (UA's), and maintain at least one year of clear conduct.

This position starts at 12 points and includes a six-month probationary period.

If you are interested, please submit a completed job application to Physical Plant E. Harris, along with your resume and cover letter.

/s/ E. Harris, Physical Plant, General Maint Shop

HEALTH SERVICES

STD Education and Testing

So, to clarify some information:

Some of you are on very expensive medications, whether it be for Cardiac, diabetes, MAT, Mental Health, GI issues, pulmonary issues etc. If the DOC follows certain criteria we in return get a discount on these expensive medications. Thus, allowing us to be able to use the best medications on the market for your health. One of the criteria is STD education and offering of STD testing. Which is why some of you will receive a booklet regarding STDs. We are not singling anyone out. You get your booklet and are offered testing. It is then documented. The criteria is then met. What do a lot of these medications and STDs have in common, who knows. But if DOC can acquire the newest and better medications on the market for our patients by doing this simple thing then that's what we will do.

As always, STD testing is always free and available anytime. Just send a kyte. If you are awaiting results of your testing, please send me a kyte, as with this new system I'm not sure who has, hasn't, or needs to be informed and I can get you scheduled. If you have a parole date coming up quickly, please mention that so I can make sure and get you schedule quicker.

/s/ K. Ross, RN BSN/T. Ralls, RN

RELIGIOUS SERVICES

Find Freedom and Hope Service

UPCI is offering a renewed service starting in January on the 2nd and 4th Thursdays.

We understand the challenges of feeling locked in and locked out. These services are a time to reflect on how the Lord delivers us from what binds us and brings us into His freedom.

- Hear testimonies of transformation and hope.
 - Discover the healing, freeing power of Jesus Christ
 - Embrace the joy of living victoriously through Him.
- Come as you are and discover true freedom in Jesus Christ.

Please send a kyte to the Chapel to sing up for this service.

Volunteer Ministers Doug Lethin & Dennis Mostyn

/s/ A. Y. Perlstein, Chaplain

Weekly Chapel Schedule

"Due to the ongoing construction and status of the Chapel/Education floor, the Chapel is operating on a modified schedule. Please monitor the AIC news channel and housing unit bulletin boards for updates to the Chapel Schedule."



/s/ Chaplains Perlstein, Richter, and Witcraft

POINT TO PONDER

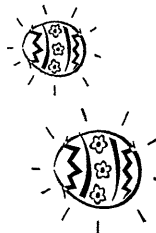
"The beautiful thing about learning is that no one can take it away from you." — B.B. King

2026 Summer Night Yard Procedures

Summer evening yard will begin on Sunday April 5th, 2026 starting with A/D Blocks. The following procedures will be in effect for the duration:

1. AIC's whose block has summer evening yard may go to yard at the 4:30 p.m. optional yard line or after their block is released for the evening meal. They may eat and then go directly to the yard.
2. NCI Level 3 AIC's will be allowed to attend summer night yard, in their chow rotation. There will not be a special line movement from the housing units. They will enter the yard through the turnstile either directly from the housing unit when released for chow, or after completing their meal.
3. Any AIC's who returns to his housing unit from the dining room will not be permitted to go to the yard.
4. No turnouts will be run from the recreation yard. The only exception will be AIC's on education turnouts. These AIC's will be called off of the yard by the yard sergeant and they will exit the yard through Gate 3 and pass through the security gate. Once released from the yard, they will immediately go to their callout destination.
5. AIC's leaving the porch area of the dining room for the recreation yard will go to the yard and will not be permitted to loiter by the yard fence.
6. AIC's who shower in the Clothing Room at 7:00 p.m. will be permitted to go to the yard after their shower; or go directly to the yard from work. AIC's that return to their housing unit after showering may not be allowed to go to the yard.
7. A pill line is run after yard comes in, if yard comes in before 8:00p.m. During long yard periods (lasting until **after** 8:00 p.m.) an optional cell line will be called at 7:30p.m. AIC's needing medication would come in with the optional cell line and **will** be allowed to return to the yard.
8. Showers on the yard will start at 6:00p.m. and will stop 45 minutes before yard is recalled.
9. Ice and/or beverages cannot be taken off the yard. The OIC has latitude to make adjustments regarding ice during extreme weather. Limited to one picture per person. NO ice in plastic bags.
10. Yard recall will be determined by the Office-in-Charge.
11. When the yard is recalled, all AIC's will leave promptly and in an orderly manner. Equipment is called approximately 15 minutes prior to yard recall. Take this time to say your goodbyes on the telephone, to gather items and prepare to leave.
12. The Recreation Building, with the exception of the Card Room, will not be open during the evening yard regardless of the weather conditions. The Card Room will open at the conclusion of the evening meal. This can be altered per OIC approval.
13. During softball season, players and officials will normally be afforded 20 minutes to shower at the conclusion of a game. If the evening meal is running quickly, players may be called to dinner before being given time to shower. They will then be required to leave the yard **unless** it is their housing unit's normal night for evening yard.
14. NCI Level 1 AIC's will not be authorized to attend the evening weekend yard (Saturday and Sunday).
15. AIC dress code.
 - a. At no time should your undergarments be visible. Appropriate undergarments are required to be worn at all times
 - b. Clothing cannot be altered from its original state, nor can it be rolled up or pulled down to expose more of the body.
 - c. All AIC's are to be properly dressed when utilizing the cooling showers. Red/Blue or Green shorts must be worn. When appropriate sleeveless t-shirts are required as to not bring undue attention.

APRIL 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29-Mar AM C/E PM A/D EVE D	30-Mar AM A/D PM C/E EVE A/C	31-Mar AM MAINLINE SHOWERS PM A/D EVE F	1 AM A/D PM C/E EVE D APRIL FOOLS DAY	2 AM C/E PM A/D EVE A/C	3 AM MAINLINE SHOWERS PM C/E EVE E	4 AM C/E PM A/D EVE D
5 AM A/D PM C/E EVE A/D	6 AM C/E PM A/D EVE C/E	7 AM MAINLINE SHOWERS PM C/E EVE A/D	8 AM C/E PM A/D EVE C/E	9 AM A/D PM C/E EVE A/D PRASPAY	10 AM MAINLINE SHOWERS PM A/D EVE C/E	11 AM A/D PM C/E EVE A/D
NIGHT YARD STARTS						
12 AM C/E PM A/D EVE C/E	13 AM A/D PM C/E EVE A/D	14 AM A/D PM C/E EVE A/D	15 AM A/D PM C/E EVE A/D	16 AM C/E PM A/D EVE C/E	17 AM C/E PM A/D EVE C/E	18 AM C/E PM A/D EVE C/E
19 AM A/D PM C/E EVE A/D	20 AM C/E PM A/D EVE C/E OCEPAY	21 AM A/D PM C/E EVE A/D	22 AM C/E PM A/D EVE C/E	23 AM A/D PM C/E EVE A/D	24 AM A/D PM C/E EVE C/E	25 AM A/D PM C/E EVE A/D
26 AM C/E PM A/D EVE C/E	27 AM A/D PM C/E EVE A/D	28 AM A/D PM C/E EVE A/D	29 AM MAINLINE SHOWERS PM A/D EVE C/E	30 AM C/E PM A/D EVE C/E	1-May AM MAINLINE SHOWERS PM C/E EVE A/D	2-May AM C/E PM A/D EVE C/E

JUST A REMINDER

A.M. - MORNING YARD (7:45 A.M - 9:45 A.M.)
 P.M. - AFTERNOON YARD (1:00 P.M. - 3:30 P.M.)
 EVE - EVENING YARD (4:30 P.M. - SUNSET)

THE RECREATION BUILDING MAY NOT BE OPEN FOR THE FIRST COUPLE WEEKS OF NIGHT YARD, SO PLEASE PLAN ACCORDINGLY AS WE ARE ENTERING THE RAINY SEASON.

NO LEVEL 1 NIGHT YARD ON SATURDAYS AND SUNDAYS

Oregon DOC : Oregon DOC Institutions - Fall-Winter 2025-26
Week at a Glance



Mainline		Tuesday 4/7/26	Wednesday 4/8/26	Thursday 4/9/26	Friday 4/10/26	Saturday 4/11/26	Sunday 4/12/26
Week 15	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	<p>Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Pancakes (Sod,Ch) - 3.00 EA Peanut Butter (Sfa) - 2.00 TBS Maple Syrup - 2.00 FLOZ Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA</p>	<p>Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Scrambled Eggs (Sfa,Ch) - 0.33 CP Shredded Cheese (Sfa,Ch) - 2.00 TBS Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA</p>	<p>Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg (Sfa,Ch) - 1.00 EA Wheat Toast - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA</p>	<p>Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Ch) - 1.00 EA French Toast (Ch) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sfa) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA</p>	<p>Fruits - 1.00 CP Canned Fruit - 0.50 CP Veggie & Cheese Scramble (Ch,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 PC - 2.00 EA</p>	<p>Canned Fruit - 0.50 CP Scrambled Eggs (Sfa,Ch) - 0.33 CP Poultry Sausage (Ch) - 1.00 EA 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 PC - 2.00 EA</p>	<p>Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Peanut Butter (Sfa) - 2.00 TBS Hard Boiled Egg (Sfa,Ch) - 1.00 EA Breakfast Pastry (Sfa,Ch) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA</p>
Week 15	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	<p>Coltslaw (Sod) - 0.75 CP Chicken Ranch Wrap (Ch) - 3.00 OZCKD Shredded Lettuce - 0.25 CP Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Ch) - 2.00 TBS Salad Dressing - 1.00 FLOZ Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ Corn - 0.75 CP White Flour Tortilla (Sfa,Sod) - 2.00 EA Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ</p>	<p>Potato Soup - 10.00 FLOZ Tuna Salad (Ch) - 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</p>	<p>Tomato Soup (Sod) - 10.00 FLOZ *Chicken-Bacon-Ranch Salad (Ch,Sfa) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sfa,Ch) - 2.00 TBS Salad Dressing - 1.00 FLOZ Carrots - 0.75 CP Breadsticks - 1.00 EA Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ</p>	<p>Broccoli Cheese Soup (Sfa,Sod) - 10.00 FLOZ Fried Egg Sandwich on Wheat - 1.00 EA Mayonnaise - 1.00 TBS Spinach - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Drink - 8.00 FLOZ</p>	<p>*Soup of the Day (Sod,Ch) - 10.00 FLOZ Turkey & Cheese Sandwich on Wheat (Sod,Ch,Sfa) - 1.00 EA 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</p>	<p>Nacho Meat (Ch,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</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Roast Pork Loin (Ch,Sfa) - 3.00 OZCKD Mashed 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</p>
Week 15	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Spicy Rice Casserole (Sod,Ch,Sfa) - 1.25 CP Green Beans - 0.75 CP Wheat Bread - 2.00 SLC Margarine (Sfa) - 1.00 TBS Tea - 8.00 FLOZ</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Philly (Ch) - 4.00 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 (Sod) - 2.00 TBS Pudding - 0.50 CP Tea - 8.00 FLOZ</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Enchilada Casserole (Sod,Ch,Sfa) - 1.00 SV Brown Rice - 0.75 CP Seasoned Beans - 0.75 CP Tea - 8.00 FLOZ</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza-Beef, Onion, Peppers (Sod,Ch,Sfa) - 1.00 EA Blended Vegetables - 0.75 CP Chocolate Brownie (Sfa,Ch,Sug) - 1.00 EA Tea - 8.00 FLOZ</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Cheeseburger (Ch,Sfa) - 1.00 EA Onions & Pickles (Sod) - 0.25 CP Zucchini - 0.75 CP Focaccia Bread (Sod) - 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</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo (Ch,Sfa) - 1.00 CP Spaghetti (Sod) - 1.00 CP Zucchini - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Tea - 8.00 FLOZ</p>	<p>Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Creole Chicken (Ch) - 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</p>

Sod = High Sodium Sfa = High Saturated Fat Chl = High Cholesterol Sug = High Sugar
© Powered By: Culinary Suite