



Snake River Currents

February 27, 2020 - March 04, 2020



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National Nutrition Month



Complex 2 Spring Concert

Come enjoy the spring Rock N Roll Concert in the Complex 2 Gym on March 26, 2020, at 6:00 PM. The band members include Adults in Custody Dale Buckendahl, David Lamb, Joseph Borchers, Shawnee Dye, and Shaun Toman. They will be performing songs from the 1950's to the 1990's from bands such as Pink Floyd, Led Zeppelin, Johnny Cash, Stray Cats, Metallica and many more.

The event is free to attend, however there will be caramel popcorn and soda available for purchase. Caramel popcorn costs \$1.50 a bag and you may purchase up to 2. Soda costs \$1.85 a soda and you may purchase up to 2. If you wish to attend this event send a kyte to Rec Staff Ford Box#339 no later than March 23, 2020. If you wish to purchase caramel popcorn or soda please attach a CD-28 with the proper amount reflecting your purchase to your kyte and have it turned in no later than March 12, 2020, with your housing officer's stamp and initials to be processed. You must live in Complex 2 and be Incentive level 2 or 3 to participate in this event.

HHAAP Peer Educators

Two more classes of HHAAP have completed the course and graduated with great success. If you have a question regarding Hepatitis, HIV, AIDS, or STI's the new peer educators may be able to help. Please ask them in a one-on-one situation or even in a small group discussion; the more you educate yourself the more you can protect yourself. The latest graduates include:

- Jamal Claybourne
- Tyler Smith
- Chauncey Trice
- Lawrence Williams
- Alexander Clemens
- Esteban Reyes
- Cody Smith
- Dustin Thorn
- Jacob Varize



Congratulate them if you see them!

United Pentecostal Service

The UPC Service will be starting a New Testament Bible Study on Wednesday March 4, 2020 - What is the Gospel? What did the first century Church teach? Come and join us as we explore these questions and many more in an 8 week excursion into the birth of the church.



Thursday: 55/31
Sunny

Friday: 61/38
Sunny

Saturday: 50/31
Partly Sunny

Sunday: 49/27
Sunny

Monday: 48/35
Mostly Sunny

Tuesday: 48/30
Partly Sunny

Wednesday: 49/27
Sunny

Thursday: 54/32
Sunny

"Doctor Sleep"
2hr 32 min
(Ewan McGregor, Rebecca Ferguson)

Years following the events of "The Shining," a now-adult Dan Torrance must protect a young girl with similar powers from a cult known as The True Knot, who prey on children with powers to remain immortal.



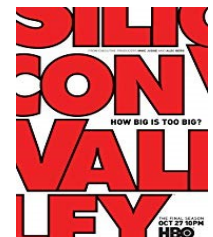
"Motherless Brooklyn"
2hr 24 min
(Edward Norton, Alec Baldwin)

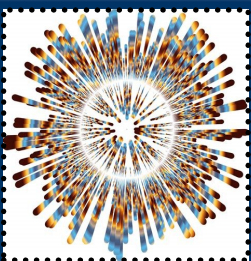
In 1950's New York, a lonely private detective afflicted with Tourette's Syndrome ventures to solve the murder of his mentor and only friend.



"Silicon Valley: Season 1 pt. 1"
2hr 23 min
(TJ Miller, Thomas Middleditch)

In the high-tech gold rush of modern Silicon Valley, the people most qualified to succeed are the least capable of handling success. Silicon Valley follows the struggle of Richard Hendricks, a Silicon Valley engineer trying to build his own company called Pied Piper.





Multi-Cultural Educational Movie

All Things Fall Apart

Channel 53

Sunday

8:30 AM
1:30 PM
7:00 PM
10:30 PM

Monday

1:30 PM
7:00 PM

Tuesday

8:30 AM
1:30 PM
7:00 PM
10:30 PM

got that
sunshine
in my pocket

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat right. Academy of Nutrition
and Dietetics

Key Message #1 for National Nutrition Month® 2020:

Eat a variety of nutritious foods every day.

How can Adults in Custody apply this to ODOC meals?

- Vary your protein choices. Choose the Meat Alternative entrée from time to time, especially if certain mainline entrées don't appeal to you. You're going to get a more nutritious meal from Foodservice than from Canteen, even when choosing the Meat Alternative entrée.
- This applies to breakfast as well. Take the Meat Alternative breakfast substitution from time to time. You can reduce your intake of unhealthy saturated fats and increase your intake of healthier unsaturated fats by choosing peanut butter over meat at breakfast.
- Try something new, or, try something old again. If you have been avoiding a certain food because you haven't liked it in the past, try it again! Your taste buds change as you age, so maybe foods you once disliked will be enjoyable now. We also have made significant recipe changes in the past few years. Maybe an entrée you didn't like before is better now.

